

# Facilitator Notes for Inspiration

## Business

### Chalice Lighting

All that we have ever loved  
And all that we have ever been  
Stands with us on the brink  
Of all that we aspire to create:  
A deeper peace,  
A larger love,  
A more embracing hope,  
A deeper joy in this life we share.  
*Leslie Takahashi Morris*

**Sharing of Joys and Concerns** (each person about 2 minutes)

**Silence** – holding ourselves and each other in silent support – 3 minutes

### Shared Readings

We have more possibilities available in each moment than we realize. *Thich Nhat Hanh*

To get lost is to learn the way. *African proverb*

You can't wait for inspiration. You have to go after it with a club. *Jack London*

I did not write it. God wrote it. I merely did his dictation. *Harriet Beecher Stowe*

All that we are is the result of what we have thought. The mind is everything. What we think, we become. *Gautama Buddha*

An artist's duty is rather to stay open-minded and in a state where he can receive information and inspiration. You always have to be ready for that little artistic Epiphany.  
*Nick Cave, Australian musician*

Human salvation lies in the hands of the creatively maladjusted. *Martin Luther King, Jr.*

One must still have chaos in oneself to be able to give birth to a dancing star. *Friedrich Nietzsche*

Writing is a spiritual practice in that people that have no spiritual path can undertake it and, as they write, they begin to wake up to a larger connection. After a while, people tend to find that there is some muse that they are connecting to. *Julia Cameron*

## **Deep Sharing/Deep Listening**

In the rounds of sharing, pay close attention to the allotted time so that all members have the opportunity to share.

### **Round 1** (each person about 2 minutes)

Which of the quotations from the Preparation or the Bulletin is most meaningful for you? Why?

### **Round 2** (each person about 5 minutes)

Share more deeply stories and experiences of inspiration as a result of your exploration of the preparation materials.

### **Round 3**

As time allows, share additional thoughts on inspiration or reflect on what others have shared.

## **Closing Words**

Blessed is the fire that burns deep in the soul. It is the flame of the human spirit touched into being by the mystery of life. It is the fire of reason; the fire of compassion; the fire of community; the fire of justice; the fire of faith. It is the fire of love burning deep in the human heart; the divine glow in every life.

*Eric A. Heller-Wagner*

## **Song or Chime**

### **The Covenant**

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share with the facilitator the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, or giving advice
- to share as deeply as I can when it is my turn.