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# **Spirit Circle Resource Notebook**



**Women's Walk With Christ  
Discovery. Healing. Transformation.**

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**Women's Walk with Christ's mission  
is:**

*Walking with women in their healing  
and transformation in Christ.*

**“So, as you received Christ Jesus the  
Lord, walk in him, rooted in him and  
built upon him and established in the  
faith as you were taught, abounding in  
thanksgiving.” - Colossians 2:6-7.**

Dear sisters,

The protocols in this notebook are meant to support your work together as a Spirit Circle. In addition to our Spirit Circle Protocol you will find a reformatted version of the Clearing Protocol, you will find other protocol information. When any questions come up in your Circle, regarding “best practice”, you will find most answers to your questions in the appropriate section involving that concern or protocol.

You will also find many interesting and trust building exercises in a separate tab. These are useful when new members join a group, if one or more members have left the Circle, and also just to enrich the sharing, sisterhood, and trust building within any circle. It may also lend a little variety to your meetings. Normally these trust building exercises are best used instead of, or just before doing the Work rounds.

For example, a Circle may choose occasionally to use Agreements exercises or “Step over the Line” when bringing in new members to the Circle. Some Circles use the “Absolute Yes” protocol at the beginning of a new year. Sometimes it may serve a Circle to do something a little different in place of the regular Work Round as a chance to see other sides of our work.

However you use these written resources, we want you to know that there are human resources available to support you. The Sisterhood Team has experienced women at the ready to answer your questions or address your concerns. If you are not feeling sure about Clearings, how to do work, the safety of your Circle, if you would like a review of protocols, or would like to have a Q and A session within your Circle, or any other matter related to WWWC, we encourage you to reach out. We are here to help.

Any women can individually contact us, with assured confidentiality, if she has questions or concerns about anything involved with a Spirit Circle.

In love and sisterhood,

The Sisterhood Team

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## **WWWC THEOLOGICAL PRESUPPOSITIONS**

1. WWWC believes everything expressed in the Apostles' Creed.
2. WWWC believes in the authority of scripture.
3. WWWC believes that God has revealed himself as transcendent yet utterly near.
4. WWWC believes that God made the human person in his image and likeness.
5. WWWC believes that the image of God in us has been wounded by sin.
6. WWWC believes that the human person cannot heal her own wounds.
7. WWWC believes that God wishes to heal our wounds through the wounds of his Son.
8. WWWC believes that God respects our freedom to accept or reject this healing.
9. WWWC believes that we accept healing only by embracing our woundedness.
  - We embrace our woundedness through baptism and ongoing conversion.
  - Ongoing conversion is the gradual transformation of the whole person into the image of Christ.
10. WWWC believes that this healing transformation is the work of the Holy Spirit.
  - The Holy Spirit restores us to communion and wholeness with God, self, and others.
  - The Holy Spirit stirs us to love and strengthen one another as sisters.
  - The Holy Spirit empowers us with different gifts for the mission of healing the whole world.

1. ***WWWC believes everything expressed in the Apostles' Creed.*** (1 Corinthians 15:3-5)

We believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day He arose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty, whence He shall come to judge the living and the dead. We believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.

*This synthesis of faith was not made to accord with human opinions, but rather what was of the greatest importance was gathered from all the Scriptures, to present the one teaching of the faith in its entirety. And just as the mustard seed contains a great number of branches in a tiny grain, so too this summary of faith encompassed in a few words the whole knowledge of the true religion contained in the Old and New Testaments. – Cyril of Jerusalem*

2. ***WWWC believes in the authority of Scripture.*** (2 Timothy 3:16-17)

We believe that God in his great love freely wished to reveal himself to human beings and invite them into a covenant with himself. Jesus Christ is the fullness of God's revelation (Hebrews 1:1-4). Jesus called disciples, formed them into a family of faith, prayed that they be one, gave them the Holy Spirit to lead them to all truth, and sent them to proclaim the Good News to all nations (Luke 24:45; John 14:6; John 16:12-13; 1 Timothy 2:4). We believe that the scriptures faithfully record all that God wished to reveal for our salvation (Psalm 119:105; 2 Timothy 3:16-17). Therefore, personal subjective experiences that claim to be God's voice are always governed by the objective spiritual authority of scripture and the community of believers (Matthew 18:18; Luke 10:16; Acts 20:17-32; Hebrews 4:2).

3. ***WWWC believes that God has revealed himself as transcendent, yet utterly near.***  
(Isaiah 49:15-16, 55:16; John 15:1-11)

God is completely other, and yet "in God we live and move and have our being" (Acts 17:24-28). Therefore, we acknowledge that God is God, and we are not (John 15:5). Despite our powerlessness, God is always reaching out to us and communicating his love to us through religious experiences. The scriptures offer many descriptions of how the human person can encounter God (Matthew 5:1-12; Mark 8:27-30; John 13:1-20; Acts 9:1-9; Galatians 5:22-23). Similarly, we believe that we can come to know God personally.

4. ***WWWC believes that God made the human person in his image and likeness.***  
(Genesis 1:26-28)

We believe that God made each person to be a unique, finite expression of God's infinite beauty (Psalm 139). We believe that the image of God is most evident in us through our desire for the communion of love between persons, which is a reflection of God's own Trinitarian love. We believe that human life is of inestimable worth and significance in all its

dimensions. We believe that God made the human person, male and female, to be equal in dignity, with different and complimentary characteristics. We believe that God created the human person to know, love, and serve him, and to be happy with him forever. We believe that human beings are capable of discovering the truth and freely choosing love. We believe that God has a plan for each of us, and that we can discover and choose to cooperate with his will. We believe that the human person is a composite being of body, mind, and soul (Mark 12:30; Ephesians 1:18; 1 Thessalonians 5:23). As such, we have physical needs, psychological needs, and spiritual needs. God created us in integrity, harmony, and radical connectedness in body, mind, and soul. But something went wrong...

5. ***WWWC believes that the image of God in us has been wounded by sin.*** (Romans 3:23)

We believe that the human person, enticed by the evil one, who seeks to destroy the communion between woman and God, woman and man, woman and herself, abused her freedom at the very beginning of history. The human person succumbed to temptation and did what was evil (Genesis 3). We were wounded by this original sin (Romans 5:12). We find ourselves weak in love and subject to error and deception. We find ourselves divided against ourselves. We experience a war within our members (Romans 7:23; James 4:1). Because of our wounds, we often forget that we are made in God's image and likeness, setting up false gods, or creating God in our own image.

Sin, thus, dis-integrates us. Sin perverts our radical connectedness into a radical self-centeredness. Apart from God and full of fear, we are fixated on meeting our own physical and psychological needs, even to the point of denying that we have a spiritual dimension. We develop coping mechanisms in our attempt to meet these needs, even to the point of destroying ourselves – and others – in the process. Scripture bears witness to sin's proliferation of disharmony and alienation on the cosmic, social, religious, family, and personal level (see, for example, Genesis chapters 4, 6, 11, and 16-25; 2 Samuel 13-18; James 1). We are divided at the very level of the soul, where the false self puts up a good appearance. The alienation within us can be so severe that we push it out of our conscious awareness. We trade the fullness of life for which we were created (John 10:10) for a life of aimless wandering in pursuit of pleasure and avoidance of pain.

Sin and its effects are fittingly described as *wounds*. Woundedness includes the actual sins (commissions or omissions) of individuals and societies, as well as the consequences of those evil choices upon oneself, others, and society. A woman may even be blind to her wounds (John 9:39). Nonetheless, the wounds can destroy a woman's life through any number of symptomatic compulsions, which, in turn, wound others. As each woman has unique gifts from God, each woman has wounds that weigh against those gifts. Five significant wounds that women bear are deceit, fear, anger, sadness, and shame.

6. ***WWWC believes that the human person cannot heal her own wounds.*** (Romans 7:24)

“In all the world has there ever been such sorrow? O daughter of Jerusalem, to what can I compare your anguish? O virgin daughter of Zion, how can I comfort you? For your wound is as deep as the sea. Who can heal you?” (Lamentations 2:13). As Israel's repeated failure to

heed the covenant bears witness, the best healing we can hope for without Christ is a shallow external religiosity that leaves us wounded and slaves to the Law (Romans 7:18-24). Despite our longing for wholeness and communion, we continually confront our weariness, neediness, powerlessness, and loneliness (Isaiah 55:1-11; Jeremiah 2:5,12-13; John 15:5). Though we should be the happiest of all generations considering the abundant physical resources we enjoy, our hearts grow more restless than ever. We pummel our senses with constant activities and successive pleasures in order to avoid the screaming of our souls for a whisper of love. No best-selling self-help book in the world can provide the healing we really need. In the midst of this darkness, however, there is hope (John 1:9-12; 16:33).

7. ***WWWC believes that God wishes to heal our wounds through the wounds of his Son.***  
(Isaiah 53:5; 1 Peter 2:24)

We believe that God is actively pursuing each of us, desiring a deeper relationship (Hebrews 4:11-13). God takes the initiative to draw each of us into deeper communion with him, with others, and with ourselves (Genesis 3:9; Isaiah 45:22; Mark 10:51; Luke 19:10; John 1:38; 3:16; 5:6; 7:37; 17:11-22; 1 Timothy 2:4). The Father's Spirit desires only to give us consoling love as we struggle with our woundedness (2 Corinthians 1:37). Though time and time again we break the covenant, God, unlike many of our own parents, does not abandon us (Isaiah 54:10; Hosea 11; Psalm 27:10; Romans 8:14-16; Ephesians 2:1-10). In fact, "For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God" (2 Corinthians 5:2 1; see also John 14: 8-13). Jesus went about healing all who were ill or in the grip of the devil (Matthew 4:23; Luke 4:18-21; Acts 10:38). Our deepest wounds, however, he healed on the Cross. By his wounds we are healed: body, mind, and soul (Isaiah 53:3-5; Matthew 8:16; 1 Thessalonians 5:23; 1 Peter 2:24).

It is precisely in the Passion, when the mercy of Christ is about to vanquish it, that sin most clearly manifests its violence and its many forms: unbelief, murderous hatred, shunning and mockery, cowardice and cruelty, betrayal, denial, and abandonment. However, at the very hour of darkness, the hour of the prince of this world, the sacrifice of Christ secretly becomes the source from which the forgiveness of our sins will pour forth inexhaustibly (Hebrews 9:22). No wound cuts more deeply in a woman's heart than being betrayed or abandoned emotionally and/or physically by her father or mother. Our hearts shrink from the story of Abraham readying Isaac sacrifice (Genesis 22). Yet this is precisely the unfathomable love the Father has shown us through Jesus Christ (1 Corinthians 1:25-27). He heals us as he wounds (Deuteronomy 32:39; Isaiah 30:26). Jesus's cry "My God, my God, why have you abandoned me?" is the labor pain that gives birth to the hope of adopted daughters (Psalm 22; Malachi 4:6; Matthew 27:46; Mark 15:34; 1 John 3:1). Through Jesus's experience of abandonment, we are reconnected to the Father, to ourselves, and to others (John 3:14-15; see also Numbers 21:4-9; 1 John 4:4-16).

8. ***WWWC believes that God respects our freedom to accept or reject this healing.***  
(Deuteronomy 30:19)

Unlike the gods of the pagans, our God will not rape his creatures. Created in his image and likeness, we are faced with a fundamental choice (John 18:37). The way of Christ "leads to

life”; a contrary way “leads to destruction” (Matthew 7:13; see also Deuteronomy 30:15-20; Joshua 24:15; Jeremiah 2 1:8). Humans can and do reject God’s will (2 Samuel 12:7-15; Jonah 1:2; Romans 8:4-9; James 1:14-15). We even hide from God (Genesis 3:8-10). This is the essence of sin, the ultimate source of our wounds. God’s only desire is to heal. Jesus stands at the door and knocks; we need to listen for his voice and open the door (Revelation 3:20). Sins and woundedness certainly impair our freedom (Romans 6:17), but we can resist the devil (Genesis 4:7; Matthew 23:32; 2 Timothy 2:19-26). Jesus invites us beyond the Law, beyond the principle of pleasure and pain, beyond our coping mechanisms to true faith, hope, and love (Matthew 5; Galatians 5:1). Faith, our free response to God’s healing love, is necessary for healing. The Lord himself affirms: “He who believes and is baptized will be saved; but he who does not believe will be condemned” (Mark 16:16).

Jesus makes it clear on many occasions that true discipleship depends upon a desire to seek and do the will of God in all things (Matthew 7:21; Mark 14:32-37; Luke 1:34-38). The heart of the Lord’s Prayer is: “Thy will be done” (Matthew 6:10). Although we can forget God or reject him, God never ceases to call every man and woman to seek him, so as to find the fullness of life and happiness (Psalm 105:3). This quest for God demands all the effort of body, mind, and soul (Ephesians 5:8-10; Colossians 1:21-23; 3:2; Hebrews 12:1-2; 1 Peter 1:13; 1 John 3:3). Our salvation began with the perfect YES of Mary and was consummated with the YES of Jesus in the Garden of Gethsemane, and on the Cross (Matthew 26:39; Luke 1:38, 23:46; John 5:30, 6:38). The battle remains for our YES to God (Romans 5:3-5; Ephesians 6:10-17). It is a battle that will entail suffering (Matthew 7:14; Romans 5:3, 8:18; Philippians 1:29; 2 Timothy 2:3-13; Hebrews 12:12; 1 Peter 1:6-7, 2:20, 3:13, 4:1-19, 5:10; James 1:2-3; Jude 3; Revelation 2:10).

9. ***WWWC believes that we accept healing only by embracing our woundedness.***  
(Philippians 2:5)

Perhaps Jesus’ greatest frustration was the Pharisees’ refusal to admit that they needed a savior. Jesus continually tried to convince them that “healthy people do not need a doctor; sick people do” (Luke 5:31). A woman cannot repent and believe the good news if she does not acknowledge that she needs to repent. This reality often gives rise to unconscious denial of our need for help. A shallow, performance-oriented religious façade becomes a mask for the wounds that need Christ’s healing. A woman’s zealous, over-confident attitude of self-righteous disdain may camouflage her need for deeper conversion of life (Matthew 7:1-5). A woman may operate under the lie that she must be successful. This lie is shattered by the Cross of Christ, the ultimate sign of victory through failure, strength through weakness, life through death (John 12:24; 2 Corinthians 12:9). Jesus accomplished our redemption through surrendering our brokenness to the Father in and through the brokenness of his own body (Philippians 2:6-11). In like manner, we must surrender our brokenness to Christ. Jesus came to call sinners (Luke 5:32). St. Paul, after acknowledging his brokenness and surrendering his own wounds to Christ, would come to say: “Let no one trouble me; for I bear on my body the marks of Jesus” (2 Corinthians 4:10-11; Galatians 6:17). A woman, therefore, accepts healing only by embracing her own woundedness.

- ***We embrace our woundedness through baptism and ongoing conversion.***

We believe that new birth in faith by water and the Holy Spirit and continuing growth in the grace and knowledge of Jesus Christ are essential for entrance into the Kingdom and for spiritual health (John 1:12-13, 3:3, 8:31-32; 2 Corinthians 5:17). Jesus commanded his disciples to baptize all nations (Matthew 28:19-20). Baptism is the preeminent sign of conversion. The self, wounded by sin, is immersed in the healing waters of God's love. Baptism plunges a woman into the depths of the Paschal Mystery of Christ's death and resurrection. She dies to the false self, and puts on the new woman (2 Corinthians 5:17; Galatians 2:20; Ephesians 4; Philippians 1:21). She is reborn by faith to become no longer a slave, but a daughter (Romans 8:15). Even the pains and tragedies of life take on meaning in this mystery. This is the paradox of grace into which we are immersed – to live, a woman must die (Matthew 16:25; Mark 8:35). To be strong, she must become weak (1 Corinthians 1:26-31; 2 Corinthians 12:9-10, 13:4). To reach the fullness of her humanity, she must become like a little child (Mark 10: 14-15; Matthew 18:3-4). To be healed, she must let the divine physician do surgery on her wounds. This paradox invites a woman to move beyond seeking pleasure and avoiding pain. It identifies her with Christ. Baptism initiates a woman into the family of God, restores the lost image and likeness of God in her soul, and marks her as belonging to God forever: "He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come" (2 Corinthians 1:22; see also Ephesians 1:13-14).

- ***WWWC believes that ongoing conversion is the gradual transformation of the whole person into the image and likeness of Christ.***

Baptism, in other words, is not the end of faith, but the beginning. God's free gift of faith can be squandered. St. Paul makes this clear in the first letter to Timothy: "Fight the good fight, holding faith and a good conscience. By rejecting conscience, certain persons have made shipwreck of their faith" (1 Timothy 1:18-19). Faith, like a tiny mustard seed, must grow (Mark 9:24; Luke 17:5). In another place St. Paul warns: "Do not be deceived; God is not mocked, for whatever a man sows, that he will also reap" (Galatians 6:7). Baptism marks a woman at the core of her being, restoring her to the image and likeness of God, but her entire being must be configured to Christ, despite struggles, inner divisions, temptations, and even falls (Matthew 12:25-30). "You are not your own; you have been purchased, and at a price. So glorify God in your body" (1 Corinthians 6:19-20). Jesus calls us to take up our cross every day (Luke 9:23). Jesus came not only to save us, but to give us an example of a life "worthy of the gospel" (Philippians 1:27), "dead to sin but alive to God" (Romans 6:11). He calls us to be holy (1 Corinthians 1:2; Ephesians 1:4, 5:3; 1 Thessalonians 3:13, 4:7; 2 Timothy 1:9; Titus 1:8; Hebrews 10:10-14, 12:14; 1 Peter 1:15-16; 2 Peter 3:11; Revelation 22:11). For most of us, this is not a once-for-all occurrence. Healing takes time. This is an ongoing process, made up of many little choices each day, until we are thoroughly reunited, reconnected, healed and transformed in

paradise (Philippians 3:12). Paul prays that we reach this completion of our true self (Ephesians 3:14-21).

Every woman who believes in Christ and is baptized becomes a daughter of God (Ephesians 1:4-5). This adoption transforms her, giving her the ability to follow the example of Christ. It makes her capable of acting rightly and doing good. With the help of grace, a woman grows in virtue, avoids sin, and, if she sins, she entrusts herself as did the prodigal son, to the mercy of the Father. In union with her Savior, the disciple attains the perfection of charity, which is holiness. Ultimately, she attains maturity in grace, which is eternal life in the glory of heaven. Until then, however, a woman contributes to her interior growth, making use of any and all means available to help her reach Christian maturity.

10. ***WWWC believes that this healing transformation is the work of the Holy Spirit.***  
(John 6:63; Galatians 5:22-23)

The same Spirit that breathed on the waters at the first creation is at work in the new creation of grace through the waters of baptism and ongoing conversion of life. Jesus sends us the Paraclete to lead us to all truth (John 16:13). This same Holy Spirit is healing the wounds of sin. The Holy Spirit restores us to communion and wholeness with God, self, and others. The presence of the Holy Spirit among us is ever bringing about the reign of God. The reign of God is not merely something distant and after death, or merely something we create among ourselves. The reign of God is at hand (Matthew 10:5-8; Luke 4:42-43). God dwells in our hearts, and the Holy Spirit, as Jesus promised, is pouring out gifts upon God's people to bring the whole world to holiness, to the communion of faith, hope, and love (1 Corinthians 12 and 13). As the gradual healing takes place in each of us through the Spirit, the reign of God is both *now* and *not yet* (see Romans 8:21-23; Galatians 5:25).

- ***The Holy Spirit restores us to communion and wholeness with God, self, and others.***

Reconciliation precedes worship (Matthew 5:23-24; 1 Corinthians 12; 1 John 2:8-11, 3:14-18, 4:20-21). By contrast, "Behold, how good and pleasant it is when [sisters] dwell in unity!" (Psalm 133:1). A primary sign of the wholeness and connectedness that the Holy Spirit re-establishes is sisterhood: "By this all men will know that you are my disciples, if you love one another" (John 13:35; see also John 17:22-23; Romans 12:10, 13:8; Galatians 5:13; Ephesians 4:2-6; Hebrews 10:24; 1 Peter 1:22, 3:8; 1 John 3:11-23, 4:7-12).

- ***The Holy Spirit stirs us to love and strengthen one another as sisters.***

In a real sense we are our sister's keeper. In a world where independence, selfishness, apathy, and violence still rule the day, we declare that we need one another (Ephesians 2:14-22). In a special way, women need the friendship of other women. Ruth needed Naomi (Ruth 1:16-17), Martha needed Mary (John 11:1-3), Mary

needed Elizabeth (Luke 1:39-56). Jesus relied on his mother Mary and other women whom he deeply loved (John 2:1-5,12; 11:5, 15:13-16; Acts 1:12-14).

Faith is indeed a personal act, but it is never an isolated act. No one can believe alone, just as no one can live alone. No woman has given herself life, and no woman has given herself faith. Each believer is thus a link in the great chain of believers (Hebrews 12:1). The Scriptures call us time and time again to strengthen one another (Romans 12:10, 14:19, 15:7; Galatians 6:2; Ephesians 5:21; Philippians 1:27; Colossians 3:16; 1 Thessalonians 5:11; Hebrews 10:24; James 5:16). As the Good Samaritan poured oil into the wounds of the one who fell among robbers (Luke 10:34), or the four believers opened the roof and lowered to paralytic to Jesus (Mark 2:3-4), we walk together in sisterhood to seek healing in Christ.

- ***The Holy Spirit empowers us with different gifts for the mission of healing the whole world.***

As a member of the body of Christ, each believer has received faith from others and should hand it on to others as only she can (Ephesians 4:15-16). Our love for Jesus and for our neighbor impels us to speak to others about our faith (1 Timothy 4:14). The Holy Spirit empowers us to do so with unique gifts for a specific mission (Romans 12:4-8; 1 Corinthians 12; Ephesians 3:7). As Jesus received his identity from the Father along with the mission of our salvation, so each woman finds in Christ her unique identity and mission. (John 17:4; 1 Peter 4:10) As Jesus washed the feet of his disciples, so each woman is called to use her gifts in service of others (John 13:12-17; Philippians 2:1-8). Jesus chooses each of us and calls us by name. Knowing our brokenness (Hebrews 4:14-15), Christ still commissions us to heal the sick and cast out demons (Matthew 28:18; Luke 9:1-2). “When you send forth your spirit, they are created, and you renew the face of the earth” (Psalm 104:30).



# COMPLETE SPIRIT CIRCLE PROTOCOL

## HOW TO PREPARE FOR SPIRIT CIRCLE

In order to be fully present to God and one another in Spirit Circle, and in keeping with our WWWC Agreements, we agree to prepare in advance for our participation in Circle. Each woman is asked to arrive at every Spirit Circle meeting having spent time in prayer, knowing what she will bring to the work round, ready to complete the following statements:

**“I’m \_\_\_\_\_. My data is (one or two sentences). My judgments are (one to three judgments). My feelings are (one to three feelings). I’m in.”**

The following exercise is meant to support women in their preparation. Some women find that thinking through these questions is sufficient. Others choose to speak their answers aloud. Some women might elect to write their answers down. There is no wrong way to proceed.

### Prayer

**“Make known to me your ways, Lord; teach me your paths. Guide me by your fidelity and teach me, for you are God my savior” (Psalm 25:4-5). Lord Jesus, please guide my mind, my heart, and my will. Let your will be done as you guide me to your truth and healing.**

### Data

**What is the situation/data/story you are aware of right now? What has triggered you? Allow yourself to review the data. Take time to tell yourself the whole story.**

**Now, knowing that Jesus knows your whole story, put your data into one or two sentences. Remember you are not naming your judgments or even what Jesus is saying to you about the situation right now. You are only being specific about what the situation is. It may sound something like this: “A co-worker and I worked on a project together,” or “My brother called me on the phone.” Take a few minutes to bring your data into one or two sentences.**

### Judgments

**Reflect honestly with yourself and with God about the judgments you have about the situation. Look at the situation from several points of view. Do you have judgments about the situation? About yourself? About the other person or people involved? What are all the stories you tell yourself? Remember, judgments may be true or false. Choose not to judge your judgments, only acknowledge and name them.**

**Become aware of the 2 or 3 core judgments that come from all these judgments. Listen for judgments that feel particularly resonant, those that you may have repeated, or that make you say to yourself, “Yes. That’s it.” What are the judgments that are key for you?**

### Feelings

**Notice your feelings about this situation. Look at your deepest feelings and why these feelings are significant for you in this situation. Among your feelings, can you identify a core feeling (fear, anger, sadness, shame, joy)?**

Consider closing this time by thanking God for His provision for you as you have sought awareness. This may also be a good time to pray for your sisters, those in your Spirit Circle and those in our ministry around the world.

## WWWC CORE PRINCIPLES

### **The Holy Spirit speaks through the woman doing her work.**

When I submit to a regular practice of prayer in which I listen to the voice of the Holy Spirit, I will learn to hear the Spirit speak specifically to me about my wounds. When I listen to the Holy Spirit, I am able to discern the path of my healing and transformation. I am encouraged to step out in faith, to draw closer to Him, in order to confirm His truth, grace, and love.

*“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is in the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” – Romans 8:26-28*

*“The Advocate, the holy Spirit that the Father will send in my name—he will teach you everything and remind you of all that [I] told you.” – John 14:26*

### **A woman is responsible for her own work.**

When I ask another woman or women to help me in my work, I am asking for help to hear the Holy Spirit in my own life more clearly around a particular situation. I have the power to direct where my work will go. I communicate my wants. When I ask a sister to help me she may ask me questions to clarify what the Holy Spirit is saying to me in this situation. She may assist me in developing what my work will look like within the bounds of what I seek to accomplish with my work, at this time, on this day.

*“But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming.” – John 16:13*

### **A woman does her work as the woman of God she is today.**

Doing my work is about healing, through the Holy Spirit, the wounds that I received as a result of events in my life. In the past, I did not have the resources to protect myself from being wounded. God gives me the awareness to remember and observe, to know my story and receive healing and transformation as the strong woman I am today.

*“When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways.” – 1 Corinthians 13:11*

### **My sisters do not need to know or understand my whole story in order to help me hear God and receive healing through Jesus Christ.**

The focus of our Spirit Circle is to hold safe space so that I can hear my own story, to receive healing and to leave transformed. God and I know my entire life story, the context for the present awareness of my wounding and need for healing. Assisting me to move quickly from the story in my head to the feeling and want in my heart allows me to receive Jesus’ healing, transforming grace and step into my Godly life mission.

*She came up behind him and touched the fringe of his clothes, and immediately her hemorrhage stopped. Then Jesus asked, ‘Who touched me?’ When all denied it, Peter said, ‘Master, the crowds surround you and press in on you.’ But Jesus said, ‘Someone touched me; for I noticed that power had gone out from me.’” – Luke 8:44-46*

## Business Round

**{Spirit Circle Leader} Does anyone have any business we need to discuss?**

Determine Spirit Circle Leader for next Spirit Circle.

*The Business Round is held outside the sacred space if possible. This is a brief time to address issues such as whether the group is open to new members; if the time and date of meetings are working; discussion of upcoming WWWC activities, etc. Ideally Circles will have two full hours for the remainder of the protocol.*

## Opening

**Please join me in our sacred space. Welcome. Let's begin.**

Enter the sacred space. Women sit, and the Spirit Circle Leader lights the candle.

*Starting on time honors your Circle. Women should do their best to arrive on time as a commitment to the Circle, with the understanding that there are circumstances beyond our control. Women who arrive late should quietly join the Circle.*

## Scripture

*The Spirit Circle Leader shares a passage or verse which is meaningful in her life today or has been meaningful in the past. The intent of scripture reading is to ground the women in truth and awareness of God's presence through His Word and the Holy Spirit. This is NOT a time for the Spirit Circle Leader to teach; rather it is a time for her share a significant scripture that has impacted her life.*

## Grounding

*(Read slowly)* **Women, please get comfortable and close your eyes. (Pause) We are going to take a moment of silence to prepare ourselves for this time. Take a few deep breaths, and breathe in the gift of life, (pause) and the gifts the Holy Spirit has given to you, including this Circle of women.**

Take one to two minutes of silence. Spirit Circle Leader concludes the time of silence with prayer.

**Please connect with the other women in the Circle using only your eyes.**

## WWWC Mission and Agreements

Women's Walk with Christ's mission is: *Walking with women in their healing and transformation in Christ.*

We will now state the Women's Walk with Christ Agreements:

<b>Authenticity</b>	I am who I am. No masks. No façades.
<b>Honesty</b>	I will be completely open. I will tell the truth.
<b>Integrity</b>	I do what I say I will do. My words and my actions are the same.
<b>Accountability</b>	I will be accountable and open to be challenged if I fail to do what I say I will do.
<b>Reliability</b>	I am committed. I will make my healing and my walk with Christ a priority. I commit to walk with other women in their healing.
<b>Confidentiality</b>	I keep everything that is shared in the strictest of confidence knowing that my willingness to be open will not be compromised.
<b>Spirituality</b>	I will make Jesus Christ the central focus of my life. I open my heart to Jesus Christ and know that nothing is impossible with God.
<b>Intentionality</b>	I seek to know and do the will of God for my life. I will live life with focus and in mission.
<b>Availability</b>	I am open, safe, and present to my sisters.
<b>Sisterhood</b>	I build trust as I connect with my Christian sisters. I allow my sisters to stand in their woundedness as they heal.

### Commitment to Agreements

We are going to do a round stating our commitment to the Agreements. By committing to these Agreements we acknowledge that we will keep absolutely confidential anything shared by another woman. We also acknowledge that, with God's help and to the best of our ability, we will live by all of these Agreements in every aspect of our lives.

"I am \_\_\_\_\_, and I commit to the Agreements. I am in."

Circle responds, "Bless you."

### WWWC Core Principles

We do our healing work together mindful of these four core principles:

- The Holy Spirit speaks through the woman doing her work.
- A woman is responsible for her own work.
- A woman does her work as the woman of God she is today.
- My sisters do not need to know or understand my whole story in order to help me hear God and receive healing through Jesus Christ.

### Check-in

We are going to do a check-in round. A check-in is a way of expressing how we feel right now. It begins to prepare the container of our Circle for safety so we can feel free to speak our truth. During a check-in each woman shares one or two feeling words. We offer in response only our accepting eyes, connected listening, and blessing.

Even when we know each other well, each of us begins by stating her name. When I do this I acknowledge that God calls me by name, and I take

responsibility that what I am sharing is my truth. We end with “I’m in” to close our sharing and express our intent to be aware and present to God and the other women of the Circle.

“I’m \_\_\_\_\_. I am checking in feeling \_\_\_\_\_ and \_\_\_\_\_.  
I’m in.”

Circle responds, “Bless you.”

### Clearing Round

Sisters, please take a moment to look at the women in this Circle and notice if you have a Clearing. You have a Clearing if you are feeling triggered by a woman here in such a way that you cannot be fully present or safe to do your work and support your sisters’ work.

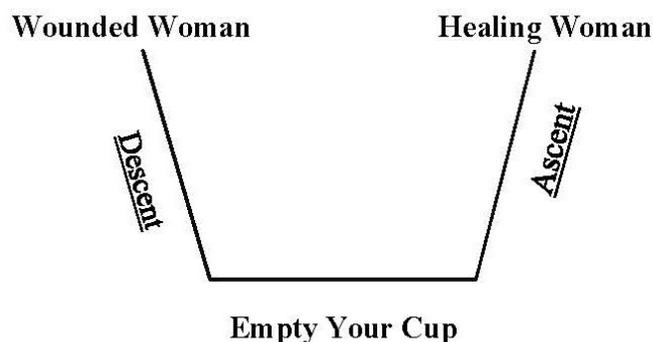
“I’m \_\_\_\_\_, and I’m clear. I’m in.”

OR

“I’m \_\_\_\_\_, and I need a clearing.”

*Refer to the Clearing protocol. This is the time for Clearings with another woman who is in the Circle today/tonight. A Clearing with anyone who is not in this Circle is addressed in the Work Round.*

## Work



**“Come near to God and he will come near to you”** (James 4:8).

**In our work we listen to God speaking in our lives, leading us to healing and wholeness so that we can walk with Christ according to our Godly life mission** (Colossians 2:6-7).

**In this sacred space we can say Yes to God’s invitation to new and abundant life** (2 Corinthians 5:17; John 10:10). **Empty your cup of pain, judgment, and sin, and allow God to fill you up with the gifts of the Holy Spirit** (cf. Galatians 5:22). **As women of God, we are free to act from faith in God’s healing power and hope for our transformation as we heal by the love of God and our sisters in Christ** (Ephesians 4:15-16).

**Remember the work that you have prepared for this Circle, your one to two sentences of core data; one to three core judgments; and feelings.** (*Pause*)

**In this round, please state your name and your core data, judgments, and feelings.**

**“I’m \_\_\_\_\_. My data is (one or two sentences). My judgments are (one to three judgments). My feelings are (one to three feelings). I’m in.”**

Circle responds, **“Bless you.”**

**Jesus promises, “My sheep hear my voice; I know them, and they follow me. I give them eternal life, and they shall never perish”** (John 10:27-28).

**Close your eyes. Become aware of how your work feels in your body. (Pause)**  
**Place your hand in that place. (Pause) Does it have a color? (Pause) A shape?**  
**(Pause) Is there anything else you notice? (Long pause)**

**We will take a couple minutes of silence to listen to what the Holy Spirit is saying to us about our work.**

Take 3 minutes of silence.

**James says, “[Be] doers of the word, and not hearers only, deceiving yourselves” (James 1:22).**

**Based on what you have heard from the Holy Spirit, what is the *action* you need to take *in this Circle*? As you discern, you may consult the list of Possible Work Actions.**

Take a couple of minutes of silence to allow women to discern.

*Have available copies of Possible Work Actions for women to consult.*

**Now is the time to say Yes to the healing that God has prepared for us. Sisters, I invite you to stand to confirm your willingness to listen to the Holy Spirit.**

Women stand.

**We will now share with the Circle what each of us has heard from the Holy Spirit.**

**“What I heard from the Holy Spirit about this situation is \_\_\_\_\_.**

**Because of what I heard, the action I need to take in this Circle is**

**\_\_\_\_\_. I’m in.”**

The Circle responds, **“Bless you.”**

**Women, you may be seated.**

*Notice how much time is left in Circle. Determine if the Circle will remain together or break into two or three smaller groups, giving as many women as possible the opportunity to do some type of action. Even if you only have a few minutes, create a round where each woman in the Circle does some action step to move forward or lock in her learning.*

**I invite you to step up and complete the work you have begun.**

*As each woman steps up:*

**Who would you like to facilitate your work?**

*After the woman chooses a Facilitator, the Spirit Circle Leader steps aside.*

### **SEE WORK FACILITATOR CARD FOR STEP BY STEP INSTRUCTIONS**

*When the woman confirms she has gotten what she needs, the Spirit Circle Leader invites the next woman to step up and choose a Facilitator. When every woman has completed her action, time permitting, the Circle gathers to close. Leave at least 5 minutes for Closing Rounds.*

### Closing

**Each of us has done some work here today/tonight. This round is to state a new awareness we have about ourselves and to determine if we feel safe to leave this space or if there is something we need in order to leave feeling safe.**

**“I’m [NAME], and I’m aware that \_\_\_\_\_. I feel safe. I’m in.”**

**OR**

**I’m [NAME], and I’m aware that \_\_\_\_\_. I need \_\_\_\_\_ to feel safe. I’m in.”**

Circle responds, **“Bless you.”**

*If a woman needs something in order to feel safe, the Spirit Circle Leader helps her to establish how she will get what she needs.*

**Finally, as we go forth in service to our Lord, Jesus Christ, please stand and state your mission.**

**“I’m \_\_\_\_\_, and [state your mission]. I’m out.”**

Circle responds, **“Bless you.”**

**“So, as you received Christ Jesus the Lord, walk in him, rooted in him and built upon him and established in the faith as you were taught, abounding in thanksgiving” (Colossians 2:6-7). Let us pray.**

Spirit Circle Leader concludes the Circle with prayer.

**\*\*PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY\*\***

The Facilitator's role is to listen closely and help the woman set up the situation just as she describes.

The Facilitator is **not** to ask probing questions. She can restate what a woman has said to help the woman hear the Holy Spirit for herself. The woman has control over the work in that she can stop it, change it, or ask for more from her Facilitator.

If a woman doesn't know how to set up her work she, she may refer to the Possible Work Actions and then, if needed, seek suggestions from the Facilitator and from the other women in the Circle.

IF (and only IF) the woman doing work asks to hear suggestions for how she might complete her work, the other women in the Circle may, if they feel led by the Spirit, make an offer using this format: **"I would offer you the opportunity to** [one to two sentence description of action step(s) for completing the work based on what the woman has heard from the Holy Spirit]."

Some examples of what **not** to offer may begin with "I think you should..." These examples are FRAPing: Fix, Rescue, (give) Advice, Project (judgments). If a woman uses words other than "I would offer you the opportunity to..." the Facilitator should redirect her.

The Facilitator and Circle are always responding to what the Holy Spirit has said to the woman. Do not lead her to work that is outside of what the woman has heard from the Holy Spirit. *\*\*It is vital that all women in the Circle remain attentive and prayerful during a woman's work.*

The woman doing work may decide to take none of the offerings, one of them or a piece of more than one offering and put them together to do her work. The Holy Spirit will guide her.

**SAFETY NOTE:** The Facilitator and the other women in the Circle are responsible for making sure that what the woman is asking for is safe for her and others in the Circle. The Facilitator continues to walk with the woman as she completes her action(s) and then grounds her experience in the truth of Jesus Christ.

### Facilitator Steps

1. Pray with the woman.
2. Ask, “What did you hear from the Holy Spirit about your situation?”
3. Ask, “Because of what you heard, what action is the Holy Spirit calling you to take *in this Circle?*”
4. Listen to the action(s) that the woman wants to take.
  - If she is unsure, offer her the Possible Work Actions.
  - If she is still unsure, you and the Circle can offer her the opportunity to try a particular action *based on what the Holy Spirit has said to her*.
5. Help the woman set up her work as she directs, keeping in mind that she can stop, change, or ask for something more at any time.
6. Walk with the woman through the work that she has set up.
7. Ask, “What does Jesus say to you now?”
8. Ask, “How will you use this awareness in your life?”
9. Ask, “Have you gotten what you need?” If not, support her as she continues to listen to the Holy Spirit and to define her work until she affirms that she has gotten what she needs.
10. De-role as needed.

## Possible Work Actions

Give back words, judgments that I have taken on.

Do a clearing

Speak with someone to voice my awareness, knowing, or want, or to prepare for a conversation that needs to happen outside of the Circle.

Role play a past or future situation.

Use a mirror to allow me to see myself or something about myself more clearly.

Engage in some kind of physical movement to release anger, sadness, fear, and/or lock in courage, strength, etc.

- Push through a “wall” or barrier
- Move through a gauntlet
- Go up or down stairs
- Experience pressure or holding weight
- Hit a pillow
- Be held while I cry
- Step over or through
- Put on the “Armor of God” (Ephesians 6:10-18)
- Etc.

Proclaim truth statements that will dismiss the lies, or state my mission.

Receive affirmation, wisdom or scriptures from my sisters.

Celebrate.

Pray myself or ask my Circle sisters to pray over me/for me.



# GUIDE/OUTLINE for use by circle facilitator for Spirit Circle Protocol

## **Business round**

**Opening:** Welcome, SHARING OF SCRIPTURE OR SONG, silence, candle lighting, grounding, connecting eyes

Opening prayer

**WWWC Mission and Agreements:** read and commitment round

## **Core Principles**

## **Check-in round**

## **Clearing round**

## **Work round:**

Data, judgment, feelings round

Awareness of feelings

What is Holy Spirit saying and what is the action you need to take—as a round while standing

## **Work continues**

## **Awareness and safety round**

## **Mission statement round**

## **Closing prayer**

## WWWC Agreements

<b>Authenticity</b>	I am who I am. No masks. No façades.
<b>Honesty</b>	I will be completely open. I will tell the truth.
<b>Integrity</b>	I do what I say I will do. My words and my actions are the same.
<b>Accountability</b>	I will be accountable and open to be challenged if I fail to do what I say I will do.
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<b>Availability</b>	I am open, safe, and present to my sisters.
<b>Sisterhood</b>	I build trust as I connect with my Christian sisters. I allow my sisters to stand in their woundedness as they heal.

## **WWWC CORE PRINCIPLES**

### **The Holy Spirit speaks through the woman doing her work.**

When I submit to a regular practice of prayer in which I listen to the voice of the Holy Spirit, I will learn to hear the Spirit speak specifically to me about my wounds. When I listen to the Holy Spirit, I am able to discern the path of my healing and transformation. I am encouraged to step out in faith, to draw closer to Him, in order to confirm His truth, grace, and love.

*“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is in the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” – Romans 8:26-28*

*“The Advocate, the holy Spirit that the Father will send in my name—he will teach you everything and remind you of all that [I] told you.” – John 14:26*

### **A woman is responsible for her own work.**

When I ask another woman or women to help me in my work, I am asking for help to hear the Holy Spirit in my own life more clearly around a particular situation. I have the power to direct where my work will go. I communicate my wants. When I ask a sister to help me she may ask me questions to clarify what the Holy Spirit is saying to me in this situation. She may assist me in developing what my work will look like within the bounds of what I seek to accomplish with my work, at this time, on this day.

*“But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming.” – John 16:13*

### **A woman does her work as the woman of God she is today.**

Doing my work is about healing, through the Holy Spirit, the wounds that I received as a result of events in my life. In the past, I did not have the resources to protect myself from being wounded. God gives me the awareness to remember and observe, to know my story and receive healing and transformation as the strong woman I am today.

*“When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways.” – 1 Corinthians 13:11*

### **My sisters do not need to know or understand my whole story in order to help me hear God or receive healing through Jesus Christ.**

The focus of our Spirit Circle is to hold safe space so that I can hear my own story, to receive healing and to leave transformed. God and I know my entire life story, the context for the present awareness of my wounding and need for healing. Assisting me to move quickly from the story in my head to the feeling and want in my heart allows me to receive Jesus’ healing, transforming grace and step into my Godly life mission.

*She came up behind him and touched the fringe of his clothes, and immediately her hemorrhage stopped. Then Jesus asked, ‘Who touched me?’ When all denied it, Peter said, ‘Master, the crowds surround you and press in on you.’ But Jesus said, ‘Someone touched me; for I noticed that power had gone out from me.’” – Luke 8:44-46*

Possible Work Actions

Give back words, judgments that I have taken on.

Do a clearing

Speak with someone to voice my awareness, knowing, or want, or to prepare for a conversation that needs to happen outside of the Circle.

Role play a past or future situation.

Use a mirror to allow me to see myself or something about myself more clearly.

Engage in some kind of physical movement to release anger, sadness, fear, and/or lock in courage, strength, etc.

- Push through a “wall” or barrier
- Move through a gauntlet
- Go up or down stairs
- Experience pressure or holding weight
- Hit a pillow
- Be held while I cry
- Step over or through
- Put on the “Armor of God” (Ephesians 6:10-18)
- Etc.

Proclaim truth statements that will dismiss the lies, or state my mission.

Receive affirmation, wisdom or scriptures from my sisters.

Celebrate.

Pray myself or ask my Circle sisters to pray over me/for me.

Additional examples of Ways to do work/actions:

- 1) Change seats (sit in the seat of someone you need to confront, to see their perspective)
- 2) Step aside (as you make truth or lie statements), or as you let something go
- 3) Speak to an empty chair as though it was a person
- 4) Use a mirror to see yourself: as you really are, as a wise women speaking, as a hurt women expressing her pain, to see Jesus in herself, etc.
- 5) Picking up burdens or problems; then putting them down, letting them go, giving them, throwing them away, etc. Can use weights, purses, pillows, books, etc.
- 6) Pick up objects and let them represent specific concerns. Name them. Then get rid of them.
- 7) Use objects as useful and positive messages as well, for taking in and grounding.
- 8) Write positive messages, affirmations, and truths on notecards as the women states them. Give them to her as part of her grounding to help her retain the God messages.
- 9) Being wrapped in a blanket (if requested or consented to) to comfort, feel protected, to cry, to feel secure as part of grounding
- 10) Dance! Move! Jump up and down, in either joy or anger. Run up and down a stairway. Lie down, stand up, sit down, turn from dark to light, turn from lies to truth. Push against a wall.
- 11) Use a staircase to move up to the top (moving up to victory), or vice versa (to empty pain out, then get on level ground to claim the truth).
- 12) Be creative in role play. Assign one or several persons a role, especially if there are similar triggers coming from several people.
- 13) Have that person/persons reflect, so you can hear all your words clearly.
- 14) Or do not allow them to speak, so you will not be interrupted.
- 15) Use clearing or conversation to speak to someone
- 16) Walk a gauntlet—of ideas or people
- 17) Use a blanket or a wall to form a barrier
- 18) Anger work with pillows, a rolled up towel to make a “soft bat”, a racket used on a pillow
- 19) Make a line on the floor to cross over—to escape pain to move to healing
- 20) Use coats or scarves to “tie” or “bind” a women (gently! And with permission from her to do so. She will unbind herself when ready in her work).
- 21) Celebratory steps to victory, great progress, etc
- 22) Your creative ideas here. Just always remember safety and a woman’s permission.
- 23) Role play a trial, as you accuse yourself; God is the judge, Jesus is the advocate.

Tips for facilitating work:

- 1) Use the Facilitation Guide from the SC Resource Notebook
- 2) Use her own words reflected (or paraphrased) back to her (her own truth)
- 3) Possibly ask “what do you want for yourself” as she begins her work. Or “what will be different if you have this?”
- 4) Pray with her with short, concise words: for example, “Lord guide her heart, mind, and will. Let Your will be done, as you guide her to your Truth and Healing. “
- 5) **Listen to what she says for Key Words**, about pain, or actions. For example: let go, give up, get through, put to rest, hand over, tired of...”
- 6) **Watch for a shift**: in her body language, her face, her voice, her tears, etc.

### Work Facilitator Steps

1. Pray with the woman.
2. Ask, “What is the action that the Holy Spirit has called you to take?”
3. Listen to the action that the woman wants to take. If she is unsure, offer her the action suggestions (card). If she is still unsure, you and the Circle can “offer her the opportunity” to try a particular action *based on what the Holy Spirit has said to her*.
4. Help the woman set up her work as she directs, keeping in mind that she can stop, change, or ask for something more at any time.
5. Walk with the woman through the work that she has set up. Allow her to move through the process and assist her in whatever way she asks.
6. Accurately repeat the woman’s own words, supporting her listening to the Holy Spirit.
7. Ask questions for clarification if needed.
8. Be mindful not to fix, rescue, advise, project (FRAP).
9. Ask, “Where is Jesus?” Support the woman in grounding her awareness: “How can you remember what Jesus has made you aware of?”
10. Confirm that the woman is complete.
11. De-role as needed.

## **Grounding Our Work: “How will I use my new awareness?”**

Before a woman affirms that she has gotten what she needs as she completes her work in the Work Round, the Facilitator asks this question: “How will you use this awareness in your life?” This is to help a woman to continue to recall the truth when she gets home – as she goes to sleep, when she awakens, in future days – and to be able to recall this truth when she is triggered in a similar way in the future.

Sometimes a woman knows exactly what she needs. If she is uncertain, she might consult this following list. Other women in the Circle may be consulted for suggestions *by the woman doing her work* if she so desires. A woman may want to:

Listen to or sing a **song** – one that she knows or one suggested by a woman in the Circle – to recall her to her awareness.

Read, write, or recite a **scripture** verse or passage, one that she knows or one suggested by a sister.

**Write**, or have written for her, truths which she has become aware of during her work.

Have other women in the Circle **repeat to her the truths** which have been revealed to her during her work.

**Stand in quiet** to recall the color, the image, the feeling, the sound or smell that has come to her. She can then speak it aloud or simply “breathe it in,” allowing it to become solid and memorable.

**Share where Jesus is** in this with her, remaining with that image until it is solid.

**Wrap** herself or have her sisters wrap her in a warm blanket or lacy cloth.

**Be held**, supported by some or all of her sisters. This may be done by sitting in a close row on a sofa and the woman across the laps, in a similar fashion on the floor, or however the woman requests.

Establish an **accountability partner** for reporting follow-up on plan and/or actions.

## FRAP and LAMB

Our agreement of sisterhood in Women’s Walk with Christ states that we “allow our sisters to stand in their woundedness as they heal.” What does this mean? How do I honor this agreement and our WWWC Core Principles, trusting that my sister is responsible for her own work as the Holy Spirit speaks through her?

In order to establish and maintain healthy boundaries as we facilitate or witness another woman’s healing work, we refer to two acronyms, **F.R.A.P.** and **L.A.M.B.**

F.R.A.P. is an acronym for fix, rescue, advise, and project. These are the things we seek to avoid in order to honor our agreements and our WWWC Core Principles. L.A.M.B. is what we want to do for each other – listen, accept, model, bless and be blessed.

### **F.R.A.P.**

**Fix:** When a sister shares a problem, I may be tempted to offer possible solutions. It can be difficult to see a problem and not want to fix it. The truth is, I will only ever have a partial understanding of her situation. My solutions may or may not be right for her. If she accepts a solution that I offer, she loses the opportunity to discover her own solution. If my suggestion works, she may feel beholden to me or weakened in her sense of her own personal agency. If my suggestion doesn’t work, she may end up in worse straits – and blame me besides. When I am invited to witness or facilitate another woman’s work, I am not being invited to problem solve or fix things for her. I am being invited to stand alongside her as she listens for the voice of the Holy Spirit in the unfolding of her own story.

**Rescue:** I see my sister in pain, and I want to make her feel better. I offer a hug or a tissue or words of comfort. The problem is that my sister may need fully to experience her pain in order to discover the depths of truth that God is opening up for her to lead her to healing. My efforts to rescue her from her pain may cut her off from this source of deep healing. What’s more, it may not be her pain I want to ease, but my own. When I see someone I care about in pain, *I* may hurt too. If I can keep you from hurting, I can limit my own pain. Instead of rescuing my sister, I can see my own hurt as an opportunity for me to seek God for my own healing.

**Advise:** When I hear a woman’s story, I may feel I know what she needs to do to experience healing. I may even be convinced that I have heard a word from the Holy Spirit telling her what she should do. I’m tempted to give her advice. Instead, our Core Principles invite me to trust that my sister herself is hearing from the Spirit in the context of her own walk with Christ. Perhaps I *have* heard a word from the Spirit. I can wonder how that message is for or about *me*. Even if my sister asks me for advice, I can instead affirm my confidence in her access to wisdom. Instead of advising, I might offer to pray silently with her as she listens for how God might be speaking through her.

**Project:** On our WWWC Weekend we say, “Change some of the details, and your story is my story.” Sometimes even the details are the same. This situation can incline us to projection. When I recognize my story in your story, I can over-identify. I see myself in your story. I forget that your work is about you, and that our circumstances, histories, and needs may be very different, even if elements or our stories are the same.

**L.A.M.B.**

**Listen:** Our everyday, conversational listening typically involves half-listening. I may be multi-tasking, or I may be trying to listen to you while I also prepare what I want to say next. When I am facilitating or witnessing a woman's work, I can give the gift of listening with singular attention. I can help focus my own mind by preparing to repeat back for my sister her own, exact words. I can sharpen both my understanding and hers by offering her a simple, summarizing paraphrase or asking a clarifying question. She then has the opportunity to correct any misunderstanding on my part or to sharpen the way she is expressing what is true for her.

**Accept:** Acceptance means choosing to suspend our judgments. I may experience feelings or register judging thoughts as I listen to my sister's story, but I am intentional about not revealing those judgments whether in words, body language, or actions. In receiving my sister's story without reacting – either positively or negatively – I help to create space in which my sister can experience her own judgments and explore them as she listens to the Holy Spirit. Whatever judgments may arise for me are an invitation for me to engage in my own healing work.

**Model:** While I do not give a woman advice or attempt to fix or rescue her, I can support her growth by modeling healthy or healing behaviors. For example, as I live by the agreement of honesty to the best of my ability, even to the extent of sharing painful truths, I can inspire my sisters to risk deep honesty. I can also be willing to walk alongside a sister in her choice to do difficult work. Becoming vulnerable by walking through our fear or expressing our anger or naming our shame is often made possible when we know we are not walking alone. One woman's courage in risking these actions can establish the safety of the container for another woman. Or, by mirroring a woman's vulnerable action (walking with her through her fear; voicing her anger in tandem; looking her in the eye as she voices her shame, e.g.) I can bolster my sister's courage.

**Bless and Be Blessed:** Blessing is a way of expressing unconditional acceptance and love. When I bless my sister, I acknowledge all of her as good and worthy of the love of God, her Creator, Savior, and Sanctifier. Likewise, I bless my sister when I allow *her* to bless *me*. We lay aside whatever feelings of unworthiness we have and open our hearts to God when we allow our sisters to offer us their unconditional acceptance and love.

## Clearing Steps

### Preparing for the Clearing

The “Sender” shares with the circle that she would like to do a clearing.

1. **Asks for a Facilitator.** The Facilitator will guide the process. She is the keeper of the sacred space. She ensures that all the women involved work within the parameters of the Clearing Protocol. A woman asked to facilitate may say yes or no. The Clearing does not proceed until a woman has agreed to facilitate.

Before agreeing to facilitate a Clearing, a woman should ask herself:

- Can I remain neutral?
  - Am I distracted or emotionally involved in my own work?
  - Do I feel equipped to follow the steps of the Clearing process to guide this woman?
2. **Asks the woman who has triggered her (the “Receiver”) if she is willing to participate in the Clearing.** The woman who is asked to receive a Clearing may say yes or no.

The Facilitator:

1. **Asks first the Sender and then the Receiver to choose another woman/women present to provide support.**
2. **Prays for the Holy Spirit to guide the process.**
3. **Asks the Sender:**
  - Have you prayerfully reflected on this issue?
  - Do you accept that this Clearing is about you and not about [Receiver]?
  - Can you stand as a strong woman and speak in love?
4. **Asks the Receiver:**
  - Do you understand that this Clearing is about [Sender] and not about you?
  - Can you listen closely and repeat [Sender]’s words exactly?
  - Can you stand as a strong woman and speak in love?

## The Clearing Process

The Facilitator will lead the Sender through each of the five steps of the Clearing Process. Throughout the process, the Receiver will be accountable for repeating back the Sender's *exact words*. The Sender may be reminded to share in short statements then pause for the Receiver to reflect.

Facilitator: **“[Sender], in short statements, what is the data?”**

**“[Sender], in short statements, what are your judgments or ‘the stories you tell yourself?’”**  
**“Are those all of your judgments?”**

**“[Sender], what are your feelings?”**

**“[Sender], what do you own?”**

(What does the sender notice honestly about how this trigger is about her? How it might be a pattern in her life and/or something that is true about herself. )

**“Is there anything else you own, any other ways in which this is like your life?”**

**“[Sender], what do you want?”**

What does she want from the receiver, what does she want from God or from the world, or for herself? Did she just want to be heard or to gain clarity for herself? She may not get what she wants.

If appropriate, ask, **“What do you want for yourself? What do you want that you can have without anyone else doing anything?”**

Facilitator: **“Do you have any other wants?”**

**If the woman doing the Clearing asks the woman who has triggered her for something, this is the time when that woman can respond with a simple Yes or No.** She may also need the Facilitator to help her clarify what is being asked of her so that she is able to give a free and honest answer

Facilitator: **“[Receiver], can you give [Sender] what she wants?”**

The Facilitator brings the Clearing to a close

Facilitator: **“[Sender], are you clear?”**

When the woman is clear the Clearing is complete. Women return to their places in the Circle. The woman who has done the Clearing states:

Sender: **“I am [NAME], I am clear, and I am in.”**

The Circle blesses her and the Clearing round continues until every woman has either stated that she is clear or completed the Clearing(s) she needs to be clear.



## Spirit Circle Etiquette

Sisters, Women's Walk With Christ is all about learning to walk in our strong woman and not our wounded child, and as such, we need to take responsibility in areas we may never have done before. Our Agreements create a safe place for us to learn responsibility and we also need to step up and hold one another accountable to those Agreements in our circles. This continues to allow us to grow into the godly women God is calling us to be. Because of our Agreements we can trust our sisters to love us enough to help us get where we need to be.

### Walking with your circle

- Since you know when your Circle meets, please put it on your calendar for the whole year. Remind your family that those days/nights are a priority to you, and then make it your priority. We all know that things come up, but if you don't make it your priority...things will always get in the way.
- We don't have leaders, so it's everyone's responsibility to take turns at being the ritual guide at meetings. Make the commitment to volunteer for this role in your circle occasionally and take the Circle's resource manual home to read through it, so you are familiar with the resources within. Do it a couple of times yearly. Please don't always depend on someone else to do it.
- Designate someone to be responsible for starting the check-in and then everyone check in. That is your responsibility, and a courtesy~! If something comes up last minute and you can't make it, or you know that you will arrive late, then call the host or someone else in the circle so they know what's going on with you. Again common courtesy!
- Never ever contact a sister by phone or email to comment about, or give advice about her work or her check in. What is said and done in circle or in email stays right there. Remember how important FRAP and LAMB are in our ministry.

### About Email Check-in's

- Do not use your work email. Company email is not secure, because companies may own their email and have the right to look at your email at any time. This is not a safe container for your sisters to check-in. You can easily get a free gmail or yahoo account...do it for safety.
- Do not use a business tag under your signature! Don't have it tell us that you sell a product, do personal coaching, are a realtor, or any other kind of business signature tag. WWWC does not endorse any business of any kind. We encourage you to have your mission statement at the bottom of your email.
- Do not send forwards or requests of any kind.
- If you need to send an email to the larger body of WWWC please use BCC so the replies just come to you.

## **Additional Spirit Circle Etiquette**

### Spirit Circle business:

Is done before entering into Sacred Space and silence.

Is about WWWC business only (not church business, social business, community business, etc)

If every member of the Circle is not present, someone please volunteer to send a business email to everyone following the meeting, so all members are up to date on news. Especially if a change is made in the Circle meeting dates/times, etc.

Email etiquette: In addition to the “WWWC Email guidelines” which is in the “SC Resource Notebook”:

Email check in should be started at least 3-4 days before next meeting, giving everyone time to respond.

Everyone needs to respond every time, unless they have informed the group they will be unable to.

Any last minute cancellations should be done by a group text.

Having a consistent member start the email check in, helps with consistency and dependability.

### Meeting etiquette:

Start consistently on time. So you can end respectfully on time.

Circle facilitator for the night watches the time and begins closing appropriately.

If a person arrives late, they enter in silence, takes her seat, and when there is a break in the conversation, she then does her check- ins: how she is checking in, commitment to the agreements, and if she has a clearing. The Circle then continues where it left off.

If any changes are made to the Circles’ schedule, all members must be included, so a mutual agreement can be reached, that is most advantageous for the majority of women. This includes if the Circle wants to have a social gathering on a regular meeting date.

The spiritual grounding at the beginning of the Circle, can be a reading, a song, a scripture, etc. It is not a discussion, but allows each women to hear as God leads her.

Agreements are all read in their entirety at every Circle, and the agreements round is always done.

The long version of the Core Principles can be read in its long form occasionally, to remind the Circle about the details and the Biblical references. Most meetings, we read only the main line, as in the protocol.

A trust building exercise can be done preceding the Work round, for some variety within the Circle, and to include everyone in that piece of meditation and sharing. It is especially good to do one when a new member joins for the first time, to begin to build the safe container of trust.

The group can be notified prior to the meeting, by the Circle facilitator when she intended to introduce and lead a trust building exercise.

**The work round always is a priority; that is the main purpose of a WWWC Spirit Circle.**

## Clearings (Taken from 2019 Bridge protocol)

We are now going to talk about a process we use in Spirit Circles that is related to our work, but has a round of its own before we get to the Work Round. It is called a Clearing. We call it a Clearing because it allows *me* to get clear about why *I am* being triggered. Again, a trigger is all about me. The facts may include another person, but the judgments and feelings are mine to own.

What makes this situation, being triggered by a sister, different, is that I rely on my sisters to create the safe space in Circle in which I can do my healing work. If I am triggered by my sister, I might not be clear enough to be present in my circle to do my work or support other women in doing theirs.

When we gather for Spirit Circle or otherwise meet together formally, like on a Weekend, we do a Clearing Round.

The Clearing process is NOT a substitute for loving conversation. As Women Walking with Christ we are free to address problems with one another directly and this needs to be our first thought to consider. If one sister is bothered by an encounter with another sister, often such conflicts can simply be resolved with a conversation.

*I know that the problem is with me, and I know what I want* – in these cases, forgiveness or understanding. I am open to the back-and-forth of conversation. I can speak *and listen* in love.

There are occasions, however, when a simple, honest dialogue feels impossible. There may be times after an encounter with another sister, when strong feelings are stirred in me. I don't feel comfortable talking with her one-on-one; I want support and a facilitator and the structure of the Clearing process, so I can be assured of being heard without interruption. In these circumstances, I consider asking for a Clearing.

I begin the discernment process even before I go to Spirit Circle – just like I prepare for the Work Round before I go. In preparing for a Clearing, I:

1. Notice that I have been triggered by a sister and am not comfortable having a conversation about the situation with the sister who has triggered me.

2. In prayer, seek to accept, with God's help, that my trigger is about me. That is *not* to say that a trigger is *only* about me, but a reminder that I can only do my own work. While I might feel like this trigger is all "her fault," a Clearing, like our other work, is about discovering something new *about myself*.
3. Prepare my heart to speak in love in order to discover a) how this trigger reveals something about me; and b) what I want for myself as a consequence of this awareness about myself.

To sum up, for me to initiate a Clearing, I must have sought God in the situation; know that is about me; and be prepared to speak in love.

There are times when neither a conversation nor a Clearing is possible. Even with the best of intentions, I may not be able to accept that a situation is about me. I may not have the peace or clarity to speak in love. In a case like this, the appropriate way of addressing the trigger is to bring it to the Work Round.

Here are some possible thoughts that signal a trigger that needs to be addressed in the Work Round:

1. I "know" it's all her fault.
2. What I really want to do is defend myself.
3. I want the other women in our Circle to hear my side of the story and/or know what "she did."
4. I want to tell her off.

Very strong, persistent feelings, especially feelings about the other woman, are a sign that this trigger is better addressed in the Work Round. Differentiating among conversation, Clearings, and work is part of the self-discovery process and one way we maintain safety in our WWWC community. There is a safe process by which to do work around the trigger in a way that is safe for both women as well as the Circle as a whole.

In this process of discernment following a triggering incident with a sister, I come to Spirit Circle prepared for the Clearing Round. In a Clearing Round, I am invited to consider prayerfully whether I am feeling triggered by another

woman *who is present in the Circle*. The Clearing Round is about maintaining safety with the women who are there.

If I am not feeling triggered by any woman present, I am “clear.” Otherwise I state that “I have a Clearing.” I first ask another woman to serve as Facilitator. The Facilitator, along with the rest of the women present, are called upon to remain neutral and to hold safe and sacred space for the woman who has been triggered. The Facilitator leads the woman who needs a Clearing through the steps of the Clearing protocol.

WWWC has a detailed, step-by-step protocol to aid the Facilitator in leading a Clearing. The Facilitator takes responsibility for following the protocol in detail and holding the women involved to the specific steps of the process. A Clearing can feel like a confrontation but is not.

All women present in the Circle are prayerful during a Clearing. If any woman witnesses something that seems unsafe or in conflict with the established protocol, she can ask for a pause in the process. Emotional, physical, and spiritual safety are always our highest priorities in WWWC.

**Model clearing:**

We would like to model a Clearing for you.

In order to complete this Clearing, both women need to be able to stand in love. Both women in the clearing need to be able to do this Clearing as strong women, according to the Core Principles. If either woman cannot do these two things, we judge it is not safe to do the Clearing. The woman who is triggered can still choose to bring her trigger to the Work Round.

**Facilitator asks the Sender these questions: do you recognize that this Clearing is about you and not about your Reflector?**

**Have you prayerfully reflected on this issue?**

**Can you stand as a strong woman in this clearing?**

**Can you speak in love?**

**Facilitator asks the Reflector: do you recognize that this Clearing is about the Receiver and not about you?**

Can you stand as a strong woman?

Can you listen carefully and reflect your sister's exact words in love?

Next the Facilitator prays for the women and the protocol.

Both women who are involved in the Clearing ask another woman present to provide support. The woman being supported decides what the support should look like.

The next steps of the Clearing protocol will seem familiar. We identify data, judgments, and feelings.

Facilitator will lead the Sender through each step. *Throughout* the protocol the Reflector will repeat back the Sender's *exact words*. The Sender will share in short statements then pause for Reflector to repeat.

Facilitator asks: in short statements, what is the data?"

"Is that all the data?"

Facilitator asks: in short statements, what are your judgments or 'the stories you tell yourself?'"

"Are those all of your judgments?"

Facilitator asks: what are your feelings?"

"Are those all of your feelings?"

Now we arrive at the heart of the Clearing, its purpose. The Facilitator will ask the woman whose Clearing it is: "*What do you own?*" In other words, after hearing herself speak data, judgments, and feelings, what she notices about how this trigger is *about her*. How is this situation about her life, her wounds? This is KEY.

Facilitator asks: what do you own?"

"Is there anything else you own, any other ways in which this is like your life?"

The final step of a Clearing is what the woman doing the Clearing *wants*. She might want something from the woman who has triggered her. She might want something from the world at large or from God. She can ask for whatever she wants – but the truth is, she may not get it.

The Facilitator will challenge the woman to wonder: What is her ultimate want for herself, her heart's desire? What does she want that she can have no matter what her sister or the world or even God does? Can she trust that her deepest want is also what God most wants for her?

Facilitator asks: what do you want?"

If appropriate, ask, "What do you want for yourself? What do you want that you can have without anyone else doing anything?"

If necessary, prompt the Reflector to repeat.

"Do you have any other wants?"

If the woman doing the Clearing asks the woman who has triggered her for something, this is the time when that woman can respond with a simple Yes or No. She may also need the Facilitator to help her clarify what is being asked of her so that she is able to give a free and honest answer.

Then the Facilitator brings the Clearing to a close:

Facilitator asks: are you clear?"

When the woman is clear the Clearing is complete. Women return to their places in the Circle. The woman who has done the Clearing states:

{Bridge Leader 1} "I am [NAME], I am clear, and I am in."

{Bridge Leader 2} We bless her, then the Clearing round continues until every woman has either stated that she is clear or completed the Clearing(s) she needs to be clear.

## After the Clearing: “Clearing Back”

In spite of our best preparations and intentions, the Reflector – or any woman in the Circle – may become triggered as a result of the Clearing. The Reflector might want to initiate a new Clearing back with the first woman. We strongly discourage this practice and remind the woman that the Clearing was not about her. You participated in the Clearing as a gift of love and you were her mirror or Reflector.



## Addendum to Clearing Protocol—May 2018

**Essential consideration:** *Clearings are part of living the agreements of WW: honesty, integrity, sisterhood, accountability, and authenticity.*

**Another consideration for doing clearings, is to avoid triangulation.** *When we are triggered by another woman, and we go to talk to a different woman about that, we are talking ABOUT it, but not addressing it directly with the woman who is actually involved. When we bring a 3<sup>rd</sup> person into the mix, this is the triangulation that indirectly involves someone who cannot really resolve the issue.*

OFFICIAL CHANGE: **“RECEIVER” TO “REFLECTOR”! EXPLANATION: SHE IS REFLECTING THE OTHER WOMAN’S WORDS, NOT ACTUAL RECEIVING THEM AS BEING ABOUT HER!**

### A. Review of triggers

1. A situation that sets off an emotional reaction, usually a strong reaction, in me.
2. Triggers are experiences that may be tapping into my old wounds.
3. As we become more aware of when and how we are triggered, God can reveal to us new paths of healing, new ways of acting rather than reacting. **This takes practice! (Teaching: we can make a choice. The “same old things” CAN be different).**
4. Produces a feeling of strain, dis-ease, discomfort and distrust in our relationships.
5. We recognize a desire to find and understand the underlying cause of the reaction.

### B. Description of a clearing

1. A clearing is to gain clarity and understanding about our wounds, their effect on us and our behavior, and continue towards our healing and wholeness. Likewise to Peace and improved connections and unity with God and others.
2. Looking for that “missing piece” in our understanding of ourselves related to this trigger (when I react this way so strongly, what is actually happening: What’s going on in me? It’s about me. What is the reality/truth of what’s happening behind this?)
3. Clearing also serves to maintain, strengthen, repair and improve relationships, by removing a barrier, and **by understanding my own part**
4. A clearing can give clarity in relationship with ourselves, others, and God

### C. Determining our action: conversation, clearing, or work

#### 1. Conversation

- a. Preferred when possible
- b. Addressing problems with one another directly
- c. For example: a misunderstanding, an apology, a desire to clarify an action, etc.
- d. An **honest** dialogue done in **love**
- e. **Focused listening alternating with reflection, done in turn by both women.** Laying a **respectful boundary** so we can have a conversation.
- f. If I want the other woman to have a chance to respond/answer my concerns

- g. If I already know what I want and what I own
- h. A purposeful encounter to enhance understanding and clarity

## 2. Clearing

- a. A conversation doesn't feel possible, or comfortable, with the sister who triggered me.
- b. A conversation doesn't feel safe. For me and/or for her.
- c. When my reaction is to want to blame the other person, and I am struggling to own my own reaction. (I.e. I want to blame it all on someone else instead of owning it as my own.)
- d. Recognizing the reaction is greater than the actual situation
- e. I'm concerned about being heard well and thoroughly without interruption.
- f. I feel the need for a neutral party to facilitate
- g. I feel the need for the guidelines, structure, support, and facilitation to enhance focus, and manage the various parts of the clearing
- h. During preparation for work, I decide it is actually a clearing.

## 3. Work

- a. I may not be able to accept that a situation is about me.
- b. Upon prayerful consideration and thought, the depth /severity of my emotion seems more complicated than this event. **I feel emotionally charged.**
- c. I have a strong persistent feeling about the situation with the other women.
- d. Seems familiar as relating to multiple situations and over a longer period of time
- e. **Emotions feel strong and I recognize a need to discharge/process those emotions first** before being able to come to an enlightened understanding and decide later if it I might still have a clearing or not.
- f. **In a case where it is a member of your own circle who is triggering you, it may be a good plan to set up a time to do work with 2 women of trust (as your facilitator and support), in a separate time and location other than your Spirit Circle. This provides safety for both you and that sister who is in your Circle.** After this piece of work, and getting clarity on my part and God's perspective, I can better clarify if I do or do not still desire a clearing with that woman.
- g. If I feel the need for a clearing but do not have the peace and clarity to speak in love. For example:
  - 1. I "know" it's all her fault (desire to blame)
  - 2. What I really want to do is defend myself.
  - 3. I want the other women in our Circle to hear my side of the story and/or know what "she did."

## D. Preparation: Vital consideration and discernment to determine if the action is conversation, clearing, or work

- 1. Do I feel a desire to confront, place blame, defend, or retaliate?
- 2. Prayerful discernment and forethought is essential: I seek to accept with God's help, that my trigger is about me.

3. Safety for every women involved is necessary
4. Prepare carefully:
  - a. For yourself, likely in a journaling manner, very honestly think and write data, judgement, and feelings
  - b. Spend time listening to the Holy Spirit for God's perspective and guidance
  - c. Consider what do I own in this, what is my part? It is about discovering something new about myself.
  - d. Consider what I really want, for myself? (Teaching: if I can't determine what I really want or what I own, a clearing or work is needed to help me figure it out with the help of a facilitator and the process.)
  - e. Come to the clearing or conversation in love
  - f. Come also with purpose for a peaceful encounter with your Sister
  - g. Come in openness to the Holy Spirit guidance in this process
  - h. A written script is not usually recommended. However if you prefer, notes can be helpful to refer to in order to remember your main points
  - i. Eye contact between the Sisters is essential and connecting

**IMPORTANT NOTE:** If in the clearing round, I recognize that I am **not** clear, but that I have discerned that I need to do it as work, I can state that in the clearing round. This keeps integrity and honesty in the clearing round for me. How to do that work can be determined during the work round, most likely with the woman doing her work separately from the main group. (See 3-f)

#### **E. Facilitator Role**

1. Additional training for strength in this role
2. Difference in facilitating a clearing compared to facilitation of work
3. Facilitation of a clearing is more **directive**
4. Must be **neutral, impartial**
5. Must be able to **stand strong**, both as a woman and in **maintaining the process firmly**
6. When asked to facilitate, **discern** is you are able, willing, neutral and in a strong place
7. **May decline** the role, if you do not feel prepared to uphold the guidelines.
8. **Read over the clearing protocol** guide for review so you are familiar with all the parts, ESPECIALLY if you have not facilitated before or haven't facilitated clearly recently.
9. Keep the clearing guide in your hand during the clearing to refer to , as needed
10. Facilitator can ask for help/support if desired/needed.
11. **Must hold firmly to the process, keeping guidelines firmly intact**
12. **Must be alert for safety for both women involved in the clearing**
13. Must be open and humble to listen if someone in the circle asks for a break to question safety concerns
14. Must watch for safe boundaries , both emotional and physically
15. **Can and should call a close to a Clearing if the women involved are not able or willing to hold to the guidelines of a Clearing.** (In this case, the women should be individually re-grounded. The woman asking for the Clearing can decide how/when she can address her work in another way—see 3-f above.)

## F. Safety

1. Entire group (all members) are primary safety watch;
2. All 3 women involved directly in the clearing are very focused on their individual roles
3. Be alert for safety for all involved
4. Healthy boundaries
5. Collective courage—if it feels and looks unsafe to you, it is probably looking that way to others as well. Go ahead and speak up.
6. Be aware not to react with body language or sounds or looks which might distract from the clearing, or imply judgment of the words being spoken (whispering, eye rolling, gasping, etc.)
7. ANYONE in the circle can speak up if they think safety is being compromised, INCLUDING THE SENDER AND REFLECTOR.
8. Words to use to stop a clearing without being abrupt: Please wait; we need to take a break; etc.
9. Sender and receiver are both grounded with their support people if Facilitator needs to step aside to confer with person perceiving a need to interrupt the clearing
10. Scenarios for re-grounding either the sender or the receiver if emotions are escalating, or if either party needs to be reminded of their role and appropriate words, etc.
11. If Sender needs to be re-grounded: Reflector is turned to face her support person and remain in silent prayer and focus, while sender is re-grounded, calmed, etc.
12. If Reflector needs to be re-grounded: Sender is turned to face her support person and remain in silent prayer and focus, while Reflector is calmed, re-grounded, reminded of role.
13. **How to move forward if clearing has to be stopped:**
14. Main goal: grounding, integrity and safety for all
15. Options for sender to complete work in some other way
  - a. Waiting until work round then stepping up first to do work (giving minimal data and judgements but proceeding to getting some of the emotions processed). **If this can be done and keep it safe for the other woman/women.**
  - b. Need to go out to talk to someone to try to re-discern how she might be able to do the clearing? Maybe needs to do more “homework” on it, and/or do some private work on it, and postpone the clearing.
  - c. **In a case where it is a member of your own circle who is triggering you, it may be a good plan to set up a time to do work with 2 women of trust (as your facilitator and support), in a separate time and location other than your Spirit Circle. This provides safety for both you and that sister who is in your Circle.** After this piece of work, and getting clarity on you part and God’s perspective, you can better clarify if you do or do not still desire a clearing with that woman.
16. Re-grounding group for continued work during that meeting
  - a. What is the triggered women chooses not to do work, but to leave the meeting? A trusted women speaks with her privately to make sure she is safe to leave, has a follow up plan, and to pray with her.

- b. **The rest of the group re-grounds with Silence and Prayer, then does a check in round: Check in questions for whole group—HOW ARE YOU CHECKING IN, AND DO YOU OR DO YOU NOT FEEL SAFE TO GO AHEAD TO WORK ROUND?**
- c. **IF SISTERS DO NOT FEEL SAFE TO CONTINUE in normal work round , THEN DO A TRUST BUILDING EXERCISE and possibly an expanded “awareness check out round along with their Mission Statements.**

**Clearing Back (this is taken directly from the Bridge protocol and there is a copy of it in the S.C Resource Notebook as well, along with the entire clearing protocol.)**

### **After the Clearing: “Clearing Back”**

In spite of our best preparations and intentions, the Reflector – or any woman in the Circle – may become triggered as a result of the Clearing. The woman might want to initiate a new Clearing immediately with the former Sender as the Reflector. We strongly discourage this practice for the following reasons:

- The woman who has been triggered has not had time to prayerfully reflect on the issue (see above under “Preparing for the Clearing”).
- The just-completed Clearing is a woman’s work; to use it as the basis for another Clearing risks violating WWWC’s precept that we never discuss another woman’s work.
- The woman who has been triggered may be invited to consider how she can do her work *without* reference to the specific details of the Clearing in which she has participated/which she has witnessed. Again, this may require time and prayer. She may also reflect on the following:
  - Notice your feelings of uneasiness, anxiety, tension, or other emotions. Allow them time to settle.
  - Remember, you were a mirror. The Clearing was about your sister. What did she own? What did she need?
  - If you have a Clearing, it will be about you. Do you know what you own? What you want? These are the questions a Clearing can help you answer.
  - Notice whether you have a desire to defend, explain, retaliate, or discuss.
  - Might this trigger be an opportunity for you to do your own work in the Work Round?

*End this teaching with this essential thought we started with:*

*Clearings are part of living the agreements of WW: honesty, integrity, sisterhood, accountability, and authenticity.*

## WWWC Email Guidelines

### **Obtain a private email address to which you have exclusive access.**

Spirit Circle email check-ins (see below) require the same level of confidentiality as any sharing in WWWC. For this reason, no one but you should have access to the email you use for WWWC communication.

### **Do not use your work email for WWWC communication.**

Business email addresses are owned by your employer and your messages ARE NOT private. Gmail, Yahoo, and other providers offer free email accounts.

### **Do not use a business tag under your signature.**

Information about products you sell or your personal business or service are easily construed as advertising and are not appropriate within the sacred container of our WWWC communication. WWWC does not endorse any business or outside interest. You may choose to include your personal mission statement at the bottom of your email.

### **Do not send forwards or solicitations (e.g. fund raising requests) of any kind without first asking permission from the sister to whom you are sending it.**

### **Spirit Circle Email Check-in Protocol**

Spirit Circle members check in via email prior to each Spirit Circle meeting. In some Circles one woman is designated always to initiate the email check-in. In other Circles women share this responsibility on some rotating basis.

The woman starting the email check-in process can use as her subject line **Spirit Circle Check-in** along with the **date** of the upcoming meeting. This woman offers her own check-in (see format below). Other women then **reply all** with their check-ins.

The format of the email check-in is similar to that of the Check-in Round in Spirit Circle. A woman states her name and one or two feeling words describing how she is feeling at the time of her check-in and offers a sentence or two about how her current circumstances evoke these feelings.

In an email check-in a woman also states whether she is “in” or “out” for the upcoming meeting.

**SAMPLE: “This is Ann. I am checking in feeling sad and angry. My mother called to tell me she’s spending Christmas with my sister’s family instead of mine again this year. I am in for our meeting.**

Just as we allow women in Spirit Circle to speak their feelings without comment, we do not respond to a woman’s email check-in. In keeping with our WWWC Agreement of Sisterhood, “I build trust as I connect with my Christian sisters. I allow my sisters to stand in their woundedness as they heal.” We offer connection by receiving our sisters’ check-ins with love, acceptance, and silent blessing.

### **Other WWWC Email Communication**

Apart from our Spirit Circle check-in process, WWWC sisters may reach out to one another seeking support and connection via email. We are free to respond to a sister with our listening, prayer, or encouragement. It is never appropriate to try to **fix**, give **advice**, **rescue**, or **project** our judgments (**FRAP**) in response to another woman’s request for support. Any response is sent directly to the woman in need, rather than a “reply all.”

If a woman needs to communicate WWWC business to a group of sisters, she is asked to put all addresses in the *BCC* function of her email. This limits replies to her alone and protects the privacy of other women’s email addresses.

### **When new Sister is interested in joining your group.**

When a new Sister is interested in joining your Spirit Circle, she will not be on the email check immediately. After she attends her first meeting and voices her commitment to be a member of your group, then she will be added onto the check-in email list.

This sequence protects the safety of all the members of the group and their confidentiality and is respectful of all members.



## Living the Agreements – Living in Sisterhood

Sisterhood, our last Agreement, is the summation of women being committed to and living by all the other Agreements **in love**: *I build trust as I connect with my Christian sisters. I allow my sisters to stand in their woundedness as they heal.*

Our Agreements are not rules that keep us in a box, but they are there as guidelines. We are human and we don't do things perfectly, and our Lord Jesus came so that we could make our mistakes while learning to live according to His Word. If he doesn't expect perfection we can give our sisters room to be human too.

In our Spirit Circles, **Authenticity** gives us the freedom to say "I'm not ok today, and my life, which I portray as so good and nice is truthfully messy and discouraging, and I'm not who I want to be." We share our deepest hurts, the awful things in our lives that have shamed us. We get angry, and best of all, we get to share our victories.

Because of the Authenticity we live out before one another, in this one place, we feel safe enough to commit to **Honesty** and vulnerability with our sisters. In this safe place, we can face up to our imperfections, our sins and our messes openly and truthfully.

Our intention is to live in **Integrity** with one another, and we don't do it perfectly all the time. However, we know one another well enough to know where our sister's heart is in the situation. We don't hold it against her if she misses keeping her word sometimes, and in love we may call her to **Accountability**.

**Reliability** is an Agreement that we hold dear and with much grace. Women live wildly busy lives in our society today. We wear many different hats; we juggle caring for our husbands or our children, committing to our jobs, our **Spirituality**, and all the things that tug us ten directions at once. We want to be reliable and committed to our circles, but many times there just isn't enough of me to go around. Our sisters, who love us, understand this and again extend the grace we need when we can't be at our Spirit Circle. This doesn't mean we are not committed to walking with our sisters in their healing, and we always honor our circle as a sacred place whether in person, or from afar.

**Confidentiality** can become a way of life for us, where we don't need to talk about anyone whether a WWWC sister or others, when they are not present. In WWWC we learn that confidentiality is living in such a way that my sisters know that their information, their life, is safe with us. Likewise, we trust our safety to them.

It is in love of one another that we do the best we can to follow the Agreements. Love and commitment create **Sisterhood**, not the other way around. Jesus came to set us free from the letter of the law, because he knew we were imperfect and incapable of keeping the law. The letter of the law brings death; it's like the behavior of the Pharisees who stand praying on the street corner. Jesus came to set us free from rules, and strict expectations and other things that keep us in bondage. He came to show us how to love one another, to come along side one another, and to be a support for each other in our quest to heal our wounds and walk one step at a time into the freedom Jesus bought for us.

So in conclusion "live the Agreements as guidelines **administered in love, support and caring** for one another." If you have a problem with how another woman lives the Agreements, ask yourself "when have I felt this way in the past." Maybe it will be your work next Spirt Circle.

Sisterhood is a gift we give our sisters in love and encouragement!

By Kathy Juergens  
10/2011  
rev. 9/2015, cmc

QUESTIONS TO ANSWER AFTER READING “SISTERHOOD” ESSAY,

Circle Facilitator read the Sisterhood essay out loud. Then read these questions out loud, allowing them (and yourself) time between each one to write down their thoughts. Then share answers, one at a time, in 3 rounds. Close in prayer.

- 1) Where do you see your balance between your “wildly busy life” and your commitment to regular participation in your circle?
- 2) How does it feel to have the Circle members support **you** when you are doing work?
- 3) How can you be present for and supportive off **others** in your Circle?

## Agreements Exercise #1

<b>Authenticity</b>	I am who I am. No masks. No façades.
<b>Honesty</b>	I will be completely open. I will tell the truth.
<b>Integrity</b>	I do what I say I will do. My words and my actions are the same.
<b>Accountability</b>	I will be accountable and open to be challenged if I fail to do what I say I will do.
<b>Reliability</b>	I am committed. I will make my healing and my walk with Christ a priority. I commit to walk with other women in their healing.
<b>Confidentiality</b>	I keep everything that is shared in the strictest of confidence knowing that my willingness to be open will not be compromised.
<b>Spirituality</b>	I will make Jesus Christ the central focus of my life. I open my heart to Jesus Christ and know that nothing is impossible with God.
<b>Intentionality</b>	I seek to know and do the will of God for my life. I will live life with focus and in mission.
<b>Availability</b>	I am open, safe, and present to my sisters.
<b>Sisterhood</b>	I build trust as I connect with my Christian sisters. I allow my sisters to stand in their woundedness as they heal.

In this sacred space, we are going to share honestly about where we stand today in relation to our Agreements. Where are we strong? Where are we weak?

Women, please stand and gather on this side of the room. (*Indicate one end of the room.*)

Think of the room as a continuum with *Easy* on this right-hand wall and *Difficult* on the left. We are going to take some time and read through each Agreement. Consider where you are in your life right now as you hear each Agreement read. Here is the question: *How easy or difficult is this Agreement for you to keep right now?*

This is how it will work: I will read an Agreement. Each of us will then move to a spot in the room indicating whether we find committing to this Agreement to be easy, difficult, or somewhere in between. If I feel like it's very easy for me, I might stand right against this wall. (*Walk over and stand beside the right-hand wall.*) If I feel like it's very difficult for me, I might stand against this wall. (*Walk over and stand beside the right-hand wall.*) Or I can stand somewhere in between.

As we do this activity, I will invite some of us to share why we chose to stand in a particular spot. Not every woman will share every time. Do you have any questions? Let's begin.

(*Leader will read each Agreement in turn. After each Agreement is read in full, women will be invited to move around the room. With each round, invite 2-5 women to share why they chose the spot they chose. Some questions might include: What about this Agreement feels easy/difficult for you? When/how have you kept this Agreement in your life in the past? When/how have you struggled with [authenticity, honesty, integrity, etc.]? Leader should also participate in this exercise and share.*)

*Return to Circle for the following round.*

{Spirit Circle Leader} We are going to do 2 rounds.

Spirit Circle Leader goes first.

1. Look at the Agreements. Which one Agreement do you most need from your sisters in order to feel safe?

2. Which one Agreement is most difficult for you to keep today and why?

{Spirit Circle Leader} We are going to do a round stating our commitment to the Agreements. By committing to these Agreements we acknowledge that we will keep absolutely confidential anything shared by another woman. We also acknowledge that, with God's help and to the best of our ability, we will live by all of these Agreements in every aspect of our lives.

“I am \_\_\_\_\_, and I commit to the Agreements. I am in.”

Circle responds, “Bless you.”

Spirit Circle Leader prays to close this portion of the session.

## Agreements exercise #2 as part of Spirit Circle

### Business Round

**{Spirit Circle Leader} Does anyone have any business we need to discuss?**

Determine Spirit Circle Leader for next Spirit Circle.

*The Business Round is held outside the sacred space if possible. This is a brief time to address issues such as whether the group is open to new members; if the time and date of meetings are working; discussion of upcoming WWWC activities, etc. Ideally Circles will have two full hours for the remainder of the protocol.*

### Opening

**Please join me in our sacred space. Welcome. Let's begin.**

Enter the sacred space. Women sit, and the Spirit Circle Leader lights the candle.

*Starting on time honors your Circle. Women should do their best to arrive on time as a commitment to the Circle, with the understanding that there are circumstances beyond our control. Women who arrive late should quietly join the Circle.*

### Grounding

*(Read slowly)* **Women, please get comfortable and close your eyes. (Pause) We are going to take a moment of silence to prepare ourselves for this time. Take a few deep breaths, and breathe in the gift of life, (pause) and the gifts the Holy Spirit has given to you, including this Circle of women.**

Take one to two minutes of silence. Spirit Circle Leader concludes the time of silence with prayer.

**Please connect with the other women in the Circle using only your eyes.**

## WWWC Mission and Agreements

**Women's Walk with Christ's mission is: *Walking with women in their healing and transformation in Christ***

We will now state the **Women's Walk with Christ Agreements:**

<b>Authenticity</b>	I am who I am. No masks. No façades.
<b>Honesty</b>	I will be completely open. I will tell the truth.
<b>Integrity</b>	I do what I say I will do. My words and my actions are the same.
<b>Accountability</b>	I will be accountable and open to be challenged if I fail to do what I say I will do.
<b>Reliability</b>	I am committed. I will make my healing and my walk with Christ a priority. I commit to walk with other women in their healing.
<b>Confidentiality</b>	I keep everything that is shared in the strictest of confidence knowing that my willingness to be open will not be compromised.
<b>Spirituality</b>	I will make Jesus Christ the central focus of my life. I open my heart to Jesus Christ and know that nothing is impossible with God.
<b>Intentionality</b>	I seek to know and do the will of God for my life. I will live life with focus and in mission.
<b>Availability</b>	I am open, safe, and present to my sisters.
<b>Sisterhood</b>	I build trust as I connect with my Christian sisters. I allow my sisters to stand in their woundedness as they heal.

In this sacred space, we are going to share honestly about where we stand today in relation to our Agreements. Where are we strong? Where are we weak?

Women, please stand and gather on this side of the room. (*Indicate one end of the room.*)

Think of the room as a continuum with *Easy* on this right-hand wall and *Difficult* on the left. We are going to take some time and read through each Agreement. Consider where you are in your life right now as you hear each Agreement read. Here is the question: *How easy or difficult is this Agreement for you to keep right now?*

This is how it will work: I will read an Agreement. Each of us will then move to a spot in the room indicating whether we find committing to this Agreement to be easy, difficult, or somewhere in between. If I feel like it's very easy for me, I might stand right against this wall. (*Walk over and stand beside the right-hand wall.*) If I feel like it's very difficult for me, I might stand against this wall. (*Walk over and stand beside the right-hand wall.*) Or I can stand somewhere in between.

As we do this activity, I will invite some of us to share why we chose to stand in a particular spot. Not every woman will share every time. Do you have any questions? Let's begin.

(*Leader will read each Agreement in turn. After each Agreement is read in full, women will be invited to move around the room. With each round, invite 2-5 women to share why they chose the spot they chose. Some questions might include: **What about this Agreement feels easy/difficult for you? When/how have you kept this Agreement in your life in the past? When/how have you struggled with [authenticity, honesty, integrity, etc.]?** Leader should also participate in this exercise and share.*)

*Return to Circle for the following round.*

{Spirit Circle Leader} We are going to do 2 rounds.

Spirit Circle Leader goes first

1. **Look at the Agreements. Which one Agreement do you most need from your sisters in order to feel safe?**
2. **Which one Agreement is most difficult for you to keep today and why?**

**{Spirit Circle Leader} We are going to do a round stating our commitment to the Agreements. By committing to these Agreements we acknowledge that we will keep absolutely confidential anything shared by another woman. We also acknowledge that, with God's help and to the best of our ability, we will live by all of these Agreements in every aspect of our lives.**

**"I am \_\_\_\_\_, and I commit to the Agreements. I am in."**

Circle responds, **"Bless you."**

Spirit Circle Leader prays to close this portion of the session.

## **Agreement: Authenticity**

*I am who I am. No masks. No façades.*

**{Spirit Circle Leader} “If you knew the real me you would not like me.” How often have we thought this? How often have we spoken those words aloud to another? How hard is it to keep pretending you are someone you are not? How hard is it to remember the lies so you don’t get caught in one? God only makes good; God only makes beautiful. God created you and He loved you before you were born. So if God loves you just the way you are, why shouldn’t others? On our Weekend, we were invited to remove our makeup, to remove the deceit from our lives. How freeing was it to just be yourself and to truly stand before your sisters without the mask you so often wear? To speak your truth, possibly sharing that truth with someone for the first time, to purge it from your body. Becoming authentic means allowing my sisters to see who I really am, and allowing my sisters to show me who they really are as well.**

**We will do this work in rounds.**

The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state “I’m in” when she is done. The Circle will bless her.

- 1. What is a mask I wear? What is a label I like to wear for myself? In other words, how do I want others to see me?**
- 2. What do I judge others would see if I took off the mask or removed that label?**
- 3. What does it cost me to keep living behind the mask, living up to the label?**
- 4. What is one action I might take to live more authentically today?**

## **Agreement: Honesty**

*I will be completely open. I will tell the truth.*

This is our WWWC agreement of *honesty*.

**{Spirit Circle Leader} As women walking with Christ, we agree to truth and to openness. Dishonesty comes from being closed – closing our hearts to the Lord and to our WWWC Sisters, to whom we have committed our openness. What happens when I am closed? I give myself permission to keep secrets, and I may end up acting in ways that are deceitful.**

**We will do this work in rounds.**

The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state “I’m in” when she is done. The Circle will bless her.

- 1. What part of my life do I still feel tempted to keep closed off from the Lord and my Sisters?**
- 2. What is at risk if I am completely open? What is at risk for me if I keep this part of my life closed?**
- 3. What do I need in order to face life openly, even where it’s most difficult for me to do so?**
- 4. What is my truth in this moment?**

## Agreement: Integrity

*I do what I say I will do. My words and my actions are the same.*

{Spirit Circle Leader} As women walking with Christ, we can live complete, whole, and united within ourselves. To *integrate* (to coordinate and blend) our most basic and best values into our whole life requires our conscious intention and effort. When I do what this Agreement states, I “practice what I preach.” Others can count on me, and I am in sync with myself.

We will do this work in rounds.

The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state “I’m in” when she is done. The Circle will bless her.

1. Where in your life do you most consistently do what you say you will do?
2. In what ways do you struggle to do what you say you will do?
3. When have your words differed from your actions? What happened?  
How did it affect you? Others?
4. Have you had an experience where your decision for integrity has invited or provoked criticism from others? If so, what happened?
5. Complete these sentences:

When I act with integrity I feel \_\_\_\_\_.

When I am out of integrity I feel \_\_\_\_\_. Then I need to \_\_\_\_\_.

## **Agreement: Spirituality**

*I will make Jesus Christ the central focus of my life.  
I open my heart to Jesus Christ and know that nothing is impossible with God.*

**{Spirit Circle Leader} As women walking with Christ, our first commitment is to Him and our relationship to Him. It is only out of our grounding in Christ that we are able, by His Spirit, to live our missions in the world.**

**We will do this work in rounds.**

The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state “I’m in” when she is done. The Circle will bless her.

- 1. What is one way you strive to keep Christ the central focus of your life?**
- 2. What is one distraction that prevents you from keeping Christ the central focus of your life?**
- 3. Complete these two sentences:**  
**When Christ is the central focus of my life I \_\_\_\_\_.**  
**When Christ is NOT the central focus of my life I \_\_\_\_\_.**
- 4. What does it look like for you to open your heart to Jesus Christ?**
- 5. What is one seemingly impossible thing that you believe – or want to believe – is possible with God?**
- 6. How can your WWWC Sisters support you in keeping Christ the central focus of your life and keeping your heart open?**

Close by inviting each woman to pray for herself and her Sisters as a reminder that Christ, by His Spirit, is central to our lives, our missions, and our sisterhood.

## Agreements: Sisterhood

*I build trust as I connect with my Christian sisters. I allow my sisters to stand in their woundedness as they heal.*

**{Spirit Circle Leader}** “Then Jesus came with them to a place called Gethsemane, and he said to his disciples, ‘Sit here while I go over there and pray.’ He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, ‘My soul is sorrowful even to death. Remain here and keep watch with me.’ He advanced a little and fell prostrate in prayer, saying, ‘My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will.’” –Matthew 26:36-39

When we see a sister suffering with the pain of her woundedness, it can feel like the most natural thing in the world to alleviate her suffering. We might want to offer a tissue or a hug. We might want to suggest ways that she can solve her problem. We want her to feel better.

Jesus offers us a different example. In His own dark hour Jesus, while naturally wishing to avoid the depths of the pain He would undergo in His passion, asked that God’s will be done. He did not ask His disciples to ease His suffering, but to watch and pray with Him. We know that it is Jesus’ willingness to suffer his passion and crucifixion that brings new life to the whole world!

As Women Walking with Christ, we trust that our suffering can be a way for God to manifest resurrection life in us. When I am tempted to take away my sister’s pain, our Sisterhood Agreement reminds me that it is *in standing in our woundedness that we heal*.

In WWWC, we use the acronym FRAP to describe actions that violate this part of our Sisterhood Agreement. FRAP stands for fix, rescue, (give) advice, and project (my judgments).

**We will do this work in rounds.**

The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state “I’m in” when she is done. The Circle will bless her.

1. **How you feel about allowing your sisters to stand in their woundedness as they heal?**
2. **How do you feel about being allowed to stand in *your* woundedness as *you* heal?**
3. **When have you been tempted to fix, rescue, (give) advice, or project (your judgments)? What did you do? What happened?**
4. **Have you had an experience where someone “FRAP’ed” you? What happened? How did you feel?**

**Instead of FRAP’ing, we are invited to LAMB: listen, acept, model, and bless and be blessed.**

The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state “I’m in” when she is done. The Circle will bless her.

1. **Can you recall a time when you felt listened to? What happened? What is one thing you can do to listen well?**
2. **Are there words or actions that you have experienced that caused you to feel accepted? What is one thing you do or could do to show acceptance to another?**
3. **Have you experienced having another model healing and transformation for you? What did you learn? What is one way that you might be modeling for others through your walk with Christ?**
4. **What is one way in which you have been blessed as a Woman Walking with Christ? What is one way that you have blessed others?**

## **Intentionality**

I seek to know and do the will of God for my life. I will live life with focus and in mission.

**{Spirit Circle Leader}** As Women Walking with Christ, there are many things in the world demanding our attention, and potentially distracting us from our relationship with God. When we are focused on our Godly life mission, other things have a way of falling into place. Intentionality reminds us of the importance of cooperating with God's grace, and actively seeking out his will so that we can be the eyes and ears, hearts and hands of Jesus Christ in the world.

### **We will do this work in rounds.**

The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state "I'm in" when she is done. The Circle will bless her.

1. What are some of the things that distract you most from being Intentional?
2. What does "the best version of yourself" look like? Close your eyes and think about a time when it felt like you were firing on all cylinders. Maybe 5 years ago, maybe right now in this moment (no judgment here! This is not about shame or being inadequate!) Rather, this is about getting in touch with how it feels when you are being your best self. What are some of your unique gifts?
3. I invite you to consider your mission statement. Pull it out if you need to, and read it quietly to yourself. <pause> How does your mission statement resonate with your current life situation? Are there words in your mission statement that could use "freshening up" or that no longer seem relevant? What really resonates?
4. I invite you to stand up and state your mission

***Spirit Circle Leader brings the exercise to a close with a brief prayer.***

## **Reliability**

### **{Spirit Circle Leader}**

I am committed. I will make my healing and my walk with Christ a priority. I commit to walk with other women in their healing.

As a woman walking with Christ, the Reliability Agreement signals to other women that they can depend upon me to accompany them in their healing journey. In the same way, I value my own healing enough to “show up and do work” in the presence of my sisters. If I don’t make my healing and walk with Christ a priority, I stop healing. I persist in my wounds. I become less available to Him and I cannot live out my mission. In the Sermon on the Mount, Jesus tells those who were gathered to “Let your ‘yes’ mean ‘yes’ and your ‘no’ mean ‘no’” (Matthew 5:37). I am not always able to say “yes” to every single thing that competes for my time and energy. Prioritizing my commitments helps me to be a reliable person who can say Yes or No with confidence.

### ***We will do this work in rounds.***

*The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state “I’m in”. When she is done the Circle will bless her.*

1. What characteristics describe someone who is reliable? Do you recognize those in yourself?
2. Are they present both as you consider people personally and within a group structure? Can you be depended on?
3. Consider the things in your life that compete for your time. What are your top 5 priorities?
4. How do I make MY healing and walk with Christ a priority? What gets in my way? What are my judgments about making myself a priority?
5. What does it feel like to be overcommitted? How do I prioritize my commitments if/when I find myself in this position?

***Spirit Circle Leader brings the exercise to a close with a brief prayer.***

## **Availability**

### **{Spirit Circle Leader}**

I am open, safe, and present to my sisters.

“Come to me you who labor and are burdened, and I will give you rest.”  
(Matthew 11:28) As a woman walking with Christ, the Availability Agreement reminds me that being present to my sisters is a beautiful gift I can give to them. I do not need to fix anything. Rather, just my very presence can be a gift of grace. Just as Jesus is always present to us and our needs, we can model the presence of Christ for one another in our agreement of Availability. We can be open and willing we ask God for His guidance about what we do or don't do.

### ***We will do this work in rounds.***

*The Spirit Circle Leader asks each question and can model by responding first. The*

*Leader may use all the questions or choose only some. Include question #5.*

*Each woman will share her name, her response, and state “I'm in” when she is done. The Circle will bless her.*

1. Think of a time when someone made themselves fully available to you. What did that feel like? What gift did you receive?
2. Think of a time when you were open, safe and present to another person. What was this encounter like? What is the gift when I commit to walk with other women in their healing, for both her and me?
3. What are some things that distract me from being fully present to my loved ones and/or to my sisters?
4. What does it cost me to walk with other women in their healing? What might I have to give up to do that?

### **\*\* Make time for this question as it is vital:**

5. We can only give what we have. How do I “keep my tank filled” so that I can be fully present to others? How do I know when it's time to recharge?

***Spirit Circle Leader brings the exercise to a close with a brief prayer.***

## **Accountability**

I will be accountable and open to be challenged if I fail to do what I say I will do.

**{Spirit Circle Leader}** As women walking with Christ we do not walk this journey through life alone. The agreement of accountability reminds us that other sisters are here to support us, and at times challenge us, to live with integrity. Holding another sister accountable requires a discerning heart, and a loving disposition. Both the woman who is doing the challenging and the one who is being challenged should pray for God's wisdom.

### **Accountability Exercise**

*The Spirit Circle Leader invites the women to stand up. She says: We are going to do an exercise to express how we feel about holding others accountable, and being held accountable. (SC Leader points) This end of the room indicates that you are perfectly comfortable holding others accountable. The opposite end of the room indicates that you feel uncomfortable holding others accountable. The space in between represents everything in between. Let's line up. (Women line up along the continuum)*

*Why did you choose to stand where you stood? (Each women who wishes to, can make a short statement of her core idea/feeling.)*

*Now we are going to do the same exercise, but this time the question is: how comfortable are you with being held accountable? (Everyone lines up along the continuum.)*

*Why did you choose to stand where you stood? (Each women who wishes to, can make a short statement of her core idea/feeling.)*

*Invite the women to return to their seats.*

*Here are some additional questions to ask. Ask the women to write their main thoughts down. Then share in a round, using concise, clear statements.*

1. Who, in your life, are you accountable to? How does that feel?
2. Who, in your life, do you hold accountable? What does that look like in practice?
3. Where is the fine line between making a judgment about a sister and lovingly challenging her to uphold her end of the bargain? How do you know which is which?

***Spirit Circle Leader brings the exercise to a close with a brief prayer.***

## **Confidentiality**

I keep everything that is shared in the strictest of confidence knowing that my willingness to be open will not be compromised.

**{Spirit Circle Leader}** As women walking with Christ, we live in a small world. Confidentiality is the agreement that enables us to trust one another and to create an environment in which we can be vulnerable to do our healing work. When the agreement of confidentiality is broken it is very hard to rebuild trust. When I hold things confidential, my sisters can be assured that their deepest wounds are safe with me and that I am a person who can be trusted.

### **We will do this work in rounds.**

The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state "I'm in" when she is done. The Circle will bless her.

1. Consider a time when someone you know did not keep something confidential. (*Without sharing the circumstances!*) How did it make you feel when confidentiality was violated? How did it affect your relationship with that person?
2. In contrast to question #1, when you consider what it feels like to know that what you share will be held in strict confidence...what words come to mind?
3. Have you ever violated someone else's confidentiality? Were you able to repair the relationship? Why or why not?
4. Are there times when it is appropriate to disclose what was revealed in confidence? (For example: if a person expresses suicidal thoughts, if a child is being abused or neglected.) What would you do in this case?

***Spirit Circle Leader brings the exercise to a close with a brief prayer.***

## Boundaries Exercise

**{Spirit Circle Leader} No one of us knows what another woman needs or what is safe for her. We trust each woman to establish and maintain her own boundaries. Saying Yes and saying No for ourselves is about having healthy boundaries. Each woman is responsible for looking inside her own heart and responding honestly according to her own safe boundaries. Jesus says, “Let your Yes mean Yes and your No mean No” (Matthew 5:37).**

**Here are some ways we might think about boundaries:**

- **A boundary is a limit or edge that defines me as separate from others.**
- **A boundary promotes my personal integrity.**
- **A boundary can preserve my life.**
- **A boundary makes me available for healthy relationships.**
- **A boundary can be physical...emotional...spiritual...sexual...relational.**
- **A boundary defines what I consider to be safe for me.**
- **A boundary provides me with protection and personal security.**
- **A boundary creates order in my life**
- **A boundary allows me to define myself.**
- **A boundary gives me a clear sense of myself in relation to others.**
- **A boundary empowers me to determine how I will allow myself to be treated.**

**Boundaries can keep us safe, and they can keep us stuck. When I step up to do work, and I feel reluctant, I am probably encountering a personal boundary. I can ask myself, “Is this a boundary that needs to be kept in place? Or, is it a boundary that I needed to have in the past to keep myself safe and protected that longer serves me? Can I better respond to God’s will for me by maintaining this boundary or by allowing it to be challenged?”**

**Maybe I perceive that God is inviting me to move beyond an old boundary – and I don’t feel ready. I might be triggered by the prospect of challenging my boundary. I can wonder: What is my reluctance about? What is at risk for me if I move forward? What is at risk if I stay where I am today? This is the bottom line: Each woman is the final judge of what is best for her.**

**Consider a time when you knew you needed to say No...Remember the situation...**

Give women a moment to reflect.

**Here is our first round. In one sentence, please complete this statement:**

**“I’m [NAME]. I needed to say No when [ONE SENTENCE]. I’m in.”**

**In this situation, when you knew you needed to say No, maybe you said No. Maybe you said Yes...Remember...What are your judgments about your No or your Yes...**

Give women a moment to reflect.

**In our next round, state two or three judgments about your No or your Yes.**

**“I’m [NAME]. When I needed to say No and did/didn’t [TWO OR THREE JUDGMENTS]. I’m in.”**

**Finally, what were – or are – your feelings about this situation.**

Give women a moment to reflect.

**In this round, state one or more feelings.**

**“I’m [NAME]. When I needed to say No I felt [ONE OR MORE FEELINGS]. I’m in.”**

**We are now going to take a few minutes of silence to listen to what God the Holy Spirit will say to us about this situation. We will then do a round stating what the Spirit has made us aware of.**

Allow 1-3 minutes of silence.

**In this round each woman will state her awareness:**

**“I’m [NAME]. I am aware \_\_\_\_\_ . I’m in.”**

### Absolute Yes exercise

In order to be fully present to God and one another in Spirit Circle, and in keeping with our WWWC Agreements, we agree to prepare in advance for our participation in Circle. Our Spirit Circle has agreed that, for our upcoming meeting, we will do work on our "Absolute Yes." An "Absolute Yes" is something that God is calling you to make top priority, maybe something he has been speaking to you about for some time. It is the action he wants you to take, stepping through fear or worry or procrastination, the inner knowing that has been speaking to you that you may not have been willing to trust.

For this meeting, we will check in in the following way:

**"I'm \_\_\_\_\_."**

**Data: "God is asking me to say Yes to \_\_\_\_\_."**

**Judgements: "If I give God my Absolute Yes to this, I judge (one to three judgments)."**

**Feelings: "My feelings are (one to three feelings)."**

**"I'm in."**

The following exercise is meant to support women in their preparation. Some women find that thinking through these questions is sufficient. Others choose to speak their answers aloud. Some women might elect to write their answers down. There is no wrong way to proceed.

#### Prayer

**"Make known to me your ways, Lord; teach me your paths. Guide me by your fidelity and teach me, for you are God my savior" (Psalm 25:4-5). Lord Jesus, please guide my mind, my heart, and my will. Let your will be done as you guide me to your truth and healing.**

#### Data

**Make a list of anything that God brings to mind that He has asked you to say Yes to. Maybe these are things you have been reluctant to do. Maybe they are things that you judge you have tried to do in the past but failed. What is God asking of you? To what does He want you to say Yes.**

**As you look at your list, which *one* Yes is most tugging at your heart? To what does God most call you to say Yes?**

#### Judgments

**What if you were to give God your unconditional Yes to what God is asking of you? Reflect honestly with yourself and with God about the judgments you have. What are all the stories you tell yourself? What if you said Yes? Choose not to judge your judgments, only acknowledge and name them.**

Become aware of the 2 or 3 core judgments that come from all these judgments. Listen for judgments that feel particularly resonant, those that you may have repeated, or that make you say to yourself, “Yes. That’s it.” What are the judgments that are key for you?

#### Feelings

Notice your feelings about this situation. Look at your deepest feelings and why these feelings are significant for you in this situation. Among your feelings, can you identify a core feeling (fear, anger, sadness, shame, joy)?

Consider closing this time by thanking God for His provision for you as you have sought awareness. This may also be a good time to pray for your sisters, those in your Spirit Circle and those in our ministry around the world.

## ABSOLUTE YES

Women need to prepare in advance for this meeting using “How to Prepare for Spirit Circle – Absolute Yes version.”

**{Spirit Circle Leader}** “Come near to God and he will come near to you” (James 4:8).

**In our work we listen to God speaking in our lives, leading us to healing and wholeness so that we can walk with Christ according to our Godly life mission (Colossians 2:6-7).**

**In this sacred space we can say Yes to God’s invitation to new and abundant life (2 Corinthians 5:17; John 10:10). Empty your cup of pain, judgment, and sin, and allow God to fill you up with the gifts of the Holy Spirit (cf. Galatians 5:22). As women of God, we are free to act from faith in God’s healing power and hope for our transformation as we heal by the love of God and our sisters in Christ (Ephesians 4:15-16).**

**In this round, please state your name and your data, judgments, and feelings about your Absolute Yes.**

**“I’m \_\_\_\_\_.”**

**Data: “God is asking me to say Yes to \_\_\_\_\_.”**

**Judgements: “If I give God my Absolute Yes to this, I judge (one to three judgments).”**

**Feelings: “My feelings are (one to three feelings).”**

**“I’m in.”**

Circle responds, **“Bless you.”**

**Jesus promises, “My sheep hear my voice; I know them, and they follow me. I give them eternal life, and they shall never perish” (John 10:27-28).**

**Close your eyes. Become aware of how your work feels in your body. (Pause)**  
**Place your hand in that place. (Pause) Does it have a color? (Pause) A shape? (Pause)**  
**Is there anything else you notice? (Long pause)**

**We will take a couple minutes of silence to listen to what the Holy Spirit is saying to us about our work.**

Take 3 minutes of silence.

**James says, “[Be] doers of the word, and not hearers only, deceiving yourselves” (James 1:22).**

**Based on what you have heard from the Holy Spirit, what is the *action* you need to take *in this Circle*? As you discern, you may consult the list of Possible Work Actions.**

Take a couple of minutes of silence to allow women to discern.

*Have available copies of Possible Work Actions for women to consult.*

**Now is the time to say Yes to the healing that God has prepared for us. Sisters, I invite you to stand to confirm your willingness to listen to the Holy Spirit.**

Women stand.

**We will now share with the Circle what each of us has heard from the Holy Spirit.**

**“What I heard from the Holy Spirit about this situation is \_\_\_\_\_.**

**Because of what I heard, the action I need to take in this Circle is**

**\_\_\_\_\_. I’m in.”**

The Circle responds, **“Bless you.”**

**Women, you may be seated.**

*Notice how much time is left in Circle. Determine if the Circle will remain together or break into two or three smaller groups, giving as many women as possible the opportunity to do some type of action. Even*

*if you only have a few minutes, create a round where each woman in the Circle does some action step to move forward or lock in her learning.*

**I invite you to step up and complete the work you have begun.**

*As each woman steps up:*

**Who would you like to facilitate your work?**

*After the woman chooses a Facilitator, the Spirit Circle Leader steps aside.*

### **Facilitator Steps**

1. **Pray** with the woman.
2. Ask, **“What is God asking you to say Yes to?”**
3. Ask, **“What did you hear from the Holy Spirit?”**
4. Ask, **“Because of what you heard, what action is the Holy Spirit calling you to take *in this Circle?*”**
5. **Listen** to the action(s) that the woman wants to take.
  - If she is unsure, offer her the **Possible Work Actions**.
  - If she is still unsure, you and the Circle can **offer her the opportunity** to try a particular action *based on what the Holy Spirit has said to her*.
6. **Help the woman set up her work** as she directs, keeping in mind that she can stop, change, or ask for something more at any time.
7. **Walk with the woman through the work that she has set up.**
8. Ask, **“What does Jesus say to you now?”**
9. Ask, **“How will you use this awareness in your life?”**

10. Ask, “Have you gotten what you need?” If not, support her as she continues to listen to the Holy Spirit and to define her work until she affirms that she has gotten what she needs.
11. De-role as needed.

## LIVING IN MISSION

{Spirit Circle Leader} Near the beginning of His earthly ministry, Jesus, quoting Isaiah, gave a description of *His* mission:

**“The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free and to proclaim a year acceptable to the Lord”** (Luke 4:17-21).

This is what the world looks like when it is re-created in Christ. What is your part in this vision?

Each of us is called to do something to bring about the Kingdom of God that no one else, in all of history, can do. Only you! This is why discovering our mission is so important. When we discern what it is we are created to do, our true self is aligned with God’s will for us and for the world. We can live in joy and peace and freedom with God, ourselves, and others.

This is why we pursue our healing work in WWWC. My mission points me in the direction of God’s will for my life. When we live in submission to His will, He will accomplish things in us that will endure for all time (see 1 Corinthians 3:12-16).

**We will do this work in rounds.**

The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state “I’m in” when she is done. The Circle will bless her.

1. **What is your mission statement?**
2. **From your mission statement, what is the world you are called to co-create? How would that world bless you and others?**
3. **What is one thing we would see in your actions when you are living in mission?**

4. What is one thing we would see in your actions if you are *out of mission*?
5. When you are out of mission, what is one thing that you can do to re-ground yourself?
6. What is one way you use your mission statement in your daily life?
7. Proclaim your mission statement.

## **Oxygen Masks: Taking Care of Ourselves**

**{Spirit Circle Leader} Close your eyes. Let's take a couple minutes of silence. Become aware of God the Holy Spirit here with us.**

Take one or two minutes of silence, then read the following, slowly.

**Do you notice tension in your body?...Is anything troubling your thoughts?...How do you feel?...**

**When we fly in an airplane the flight attendants insist, "Make sure your own oxygen mask is securely in place before assisting others." In your life, are you taking care, especially in times of stress, to put your own oxygen mask on first?...**

**Reflect on how God might be inviting you to take care of yourself. How will you receive "oxygen" for yourself first, before saying Yes to what others may need or want from you?**

**We will share in rounds.**

The Spirit Circle Leader asks each question and can model by responding first. The Leader may use all the questions or choose only some. Each woman will share her name, her response, and state "I'm in" when she is done. The Circle will bless her.

**What is one way that taking care of yourself might serve you?**

**What is one way that taking care of yourself might allow you to serve others?**

**What is an "oxygen" activity or practice that you can begin this week?**

Spirit Circle Leader reads:

**Now close your eyes. Breathe deeply.**

**The LORD is my shepherd, I shall not want.  
He makes me lie down in green pastures;  
he leads me beside still waters;**

he restores my soul.  
He leads me in right paths  
for his name's sake.  
Even though I walk through the darkest valley,  
I fear no evil;  
for you are with me;  
your rod and your staff—  
they comfort me.  
You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.  
Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the LORD  
my whole life long.

**Picture yourself refreshed and peaceful with your personal reserves filled. See Jesus with you, as you are in this strong, comfortable, energetic state. Your focus is on Him. You can be aware of His presence very near you. You are living in His light and in His favor. By being so refreshed by your time with Him, you are now well prepared to walk forward with His guidance and to be His hands and feet and eyes and ears and mind and heart to others! You are a well-rested, strong part of the body of Christ, as He has made you with your unique talents and gifts, to do your part of the service to self and to the world. Every part is precious and necessary and equally as important as any other part. Bless you, oh good and faithful servant. Well done, my good and faithful daughter.**

## **STEP OVER THE LINE**

Please use your discretion in asking these questions with your group. The leader is free to skip any that she judges are not appropriate for her Circle. Also, as you introduce this exercise, please use the following instructions:

**We are all going to stand side-by-side in a line. I am going to read a series of statements. If the statement is true for you, step forward. Then women who have stepped forward will step back and I will read the next statement. I want to remind you that we have agreements of authenticity, honesty, *and confidentiality*. That said, any woman is always free to pass which, in this exercise, means choosing not to step over the line even if a statement is true for her. Each woman is responsible for her own work in this sacred space.**

Step over the line...

1. If you are an only child...
2. If you have more than 4 children in your family...
3. If you are a twin, triplet, etc...
4. If you have only girls in your family...
5. If you excelled as an athlete in school...
6. If you have ever played a professional sport...
7. If you were ever made fun of in school...
8. If you were ever bullied in school...
9. If you were a cheerleader/pom in school...
10. If you were on the debate team...
11. If you felt alone in high school...
12. If you were ever suspended in high school...

13. If you have ever smoked cigarettes...
14. If you were homecoming queen or prom queen...
15. If you currently play a musical instrument ...
16. If you were ever “first chair” ...
17. If you ever failed a class in high school...
18. If you graduated from high school in the top 50% of your class...
19. If you graduated from high school in the top 25% of your class...
20. If you graduated in the top 10% of your class...
21. If you were valedictorian of your class...
22. If you were in theater when you were in school...
23. If you ever had a lead in a play...
24. If you ever cheated on a test in school...
25. If you have a college degree...
26. If you have a masters or doctorate degree or equivalent...
27. If you ever wanted to go to the Olympics (or did go...)
28. If you have ever practiced a religion outside of Christianity...
29. If you have ever questioned whether God is real...
30. If you have ever thought “what if there is nothing when I die” (no God/no heaven)
31. If you believe in Angels...

32. If you have been angry with God...
33. If you have seen or been a part of what you would call a miracle...
34. If you believe those that have gone before us watch from above or are with us constantly...
35. If you have ever wanted something bad to happen to someone because of the way they have treated you...
36. If you have ever felt like the evil one has touched your life in some way...
37. If you have ever gone skinny dipping...
38. If you have ever climbed to the top of a mountain...
39. If you have ever been to Australia...
40. If you had a baby before you were 18...
41. If you have struggled with fertility...
42. If you had a parent that was sick while you were growing up...
43. If you had a parent(s) that abused alcohol or drugs when you were growing up...
44. If you had a parent pass away before you were 15y/o...20...25...
45. If you were spanked as a child...
46. If you had a parent that was physically or verbally abusive to you...
47. If you have ever had a relationship with a married man...
48. If you have ever struggled with depression...
49. If you have ever smoked marijuana...

50. If you have ever had a miscarriage...
51. If you have adopted children...
52. If you are adopted...
53. If you have ever begged for money...
54. If you have ever received a prestigious award or promotion...
55. If you have ever been in a sorority...
56. If you have ever been homeless...
57. If you have ever had a child die...
58. If you have ever been divorced...
59. If you have ever dreamed of being a movie star or a musical star...
60. If you have ever broken a bone...
61. If you have ever wanted to live on or near the ocean...
62. If you have ever had a person die while you were present...
63. If you have ever had someone in your life die in a car accident...
64. If you have ever had anyone close to you commit suicide...
65. If you have ever wanted to learn how to fly a plane...
66. If you have ever given money to a homeless person, no questions asked...
67. If you have ever helped someone anonymously...
68. If you wore braces as a child...adult...
69. If you have ever had a child that was in trouble with the law...

70. If you have ever been hopeless...
71. If you have ever been mad at God...
72. If you have ever felt pure happiness...
73. If you have ever “done without” so someone you loved could “have”...
74. If you ever had your heart broken because you loved someone who didn’t love you the same way...
75. If you are afraid of growing old...
76. If you afraid of getting Alzheimer’s disease...
77. If you are afraid of your spouse dying and leaving you alone...
78. If you are fearful you won’t have enough money to retire or enjoy your golden years...
79. If you ever burned your bra...
80. If you believe vanilla is really the best ice cream...
81. If you believe, that people are inherently good and regardless of their past experiences there is hope for everyone in the future, today, right now...
82. If you believe you have something to offer the world...

Questions for debriefing:

- **First do a check-in round. “This exercise made me feel [one or two feeling words].”**
- **Share: “After doing this exercise, something I want you to know about me is \_\_\_\_\_.”**

## PRACTICE EXERCISE: HOW TO PREPARE FOR SPIRIT CIRCLE

In order to be fully present to God and one another in Spirit Circle, and in keeping with our WWWC Agreements, we agree to prepare in advance for our participation in Circle. Each woman is asked to arrive at every Spirit Circle meeting having spent time in prayer, knowing what she will bring to the work round, ready to complete the following statements:

**“I’m \_\_\_\_\_. My data is (one or two sentences). My judgments are (one to three judgments). My feelings are (one to three feelings). I’m in.”**

The following exercise is meant to support women in their preparation. Some women find that thinking through these questions is sufficient. Others choose to speak their answers aloud. Some women might elect to write their answers down. There is no wrong way to proceed.

### Prayer

**“Make known to me your ways, Lord; teach me your paths. Guide me by your fidelity and teach me, for you are God my savior” (Psalm 25:4-5). Lord Jesus, please guide my mind, my heart, and my will. Let your will be done as you guide me to your truth and healing.**

### Data

**What is the situation/data/story you are aware of right now? What has triggered you? Allow yourself to review the data. Take time to tell yourself the whole story.**

Now, knowing that Jesus knows your whole story, put your data into one or two sentences. Remember you are not naming your judgments or even what Jesus is saying to you about the situation right now. You are only being specific about what the situation is. It may sound something like this: “A co-worker and I worked on a project together,” or “My brother called me on the phone.” Take a few minutes to bring your data into one or two sentences.

### Judgments

**Reflect honestly with yourself and with God about the judgments you have about the situation. Look at the situation from several points of view. Do you have judgments about the situation? About yourself? About the other person or people involved? What are all the stories you tell yourself? Remember, judgments may be true or false. Choose not to judge your judgments, only acknowledge and name them.**

**Become aware of the 2 or 3 core judgments that come from all these judgments. Listen for judgments that feel particularly resonant, those that you may have repeated, or that make you say to yourself, “Yes. That’s it.” What are the judgments that are key for you?**

### Feelings

Notice your feelings about this situation. Look at your deepest feelings and why these feelings are significant for you in this situation. Among your feelings, can you identify a core feeling (fear, anger, sadness, shame, joy)?

Consider closing this time by thanking God for His provision for you as you have sought awareness. This may also be a good time to pray for your sisters, those in your Spirit Circle and those in our ministry around the world.

**{Spirit Circle Leader} “Come near to God and he will come near to you” (James 4:8). Through our work we see the Truth, Jesus Christ, and seek healing from the Lord. Empty your cup of pain, judgment, sin and allow God to fill you up with the gifts of the Holy Spirit. (cf. Galatians 5:22)**

Divide into pairs.

*The Spirit Circle Leader should be paired with a partner if there is an even number of women, otherwise for these awareness rounds she should do each round with herself. She will share at the end of rounds like the rest of the Circle. It is not recommended that three women join to include the Spirit Circle Leader. This makes the rounds too long for the other pairs.*

### Step 1: Data

**{Spirit Circle Leader} What is the situation/data/story you are aware of right now? What has triggered you? Allow yourself to review the data in your mind. Notice how that internal part of you can observe a situation.**

**Take time to tell yourself the story in your mind. See the event play out fully in your mind.**

*Allow Circle, including yourself, to sit quietly for several minutes.*

**Now, knowing that Jesus knows your whole story, put your data into one or two sentences. It will sound something like this: “A co-worker and I worked on a project together,” or “My brother called me on the phone.” Take a few minutes to bring your data into one or two sentences.**

*Allow some time for this.*

Take your time, when you have your story down to real data of one or two sentences, say, “Yes.”

*Allow time for women to get to yes.*

Now we are going to voice our one to two sentence data statements to our partner. Our partner will repeat our sentence(s) back to us. Our purpose is to be heard. Each women share her data and allow her partner to say it back to her.

### Step 2: Judgments

Our next round is to become aware of the judgments we have about this situation or event.

Privately in your mind, speak honestly with yourself about the judgments you have about the situation. Look at the situation from several points of view in order to help you see the judgments you hold and the judgments that affect this situation. Do you have judgments about the situation? About yourself? About the other person or people involved? What are the stories you tell yourself?

*Give some quiet time for women to reflect on their judgments.*

We will do two sharing rounds with our judgments. In this first round you will express the judgments you have to your partner. This is just the ability to voice what goes through our mind about the situation. The woman listening does *not* repeat anything back, or ask any questions. She should be aware not to display nonverbal expressions that may reflect judgment about what her sister is sharing and she is not trying to remember anything the woman has said. This is a time when we give each other the gift of being able to speak her truth and be heard in a safe, sacred space.

One woman start and after she is finished, switch and allow your partner to voice her judgments. Just listen to her. You are not responding in this round.

*Give time for the pairs to express their judgments to each other.*

**Privately in your mind, become aware of the 2 or 3 core judgments that come from all these judgments. Listen for judgments that feel particularly resonant, those that you may have repeated. *What are the judgments that are key for you?***

*Allow some time for this.*

**When you have clarity about your 2 or 3 core judgments about this situation, say, “Yes.”**

*Allow time for women to get to yes.*

**Now share just your 2 or 3 core judgments with your sister. Your partner will repeat back exactly what you say. Listeners, your role is to listen and repeat. Allow time for each of you to share your judgments with each other.**

### Step 3: Feelings

**Notice your feelings about this situation. Take a moment to look at your deepest feelings and why these feelings are significant for you in this situation.**

*Pause for a short time.*

**We will share with our sister our feelings and share a short statement about how this feeling affects us. Take a minute to notice the feelings that you will share.**

*Pause*

**Share with your sister. She will repeat your words back to you. Notice how it feels to voice your feelings, and how hearing your words said out loud to you affects you. Each partner takes her turn sharing her feelings.**

Return to the large Circle.

**In this round, please state your name and your core data, judgments, and feelings.** This is where it may be easier if women have written their awareness down.

**“I’m \_\_\_\_\_.** **My data is** (one or two sentences). **My judgments are** (one to three judgments). **My feelings are** (one to three feelings). **I’m in.”**

Circle responds, **“Bless you.”**



## Introduction to “Commitment Letter”

Dear Sisters:

As we know, sometimes there is a need within a Spirit Circle to “firm up” commitment among members. Perhaps attendance has become inconsistent, or some members have not been participating in either the email check-ins and/or have not been attending with any regularity.

Perhaps some women have found that Spirit Circle does not fit into their schedules at specific busy times and seasons of their lives, yet they have not informed the Circle that they will and will not continue to attend.

As we know, the “Safe container” of a trusting and effective Spirit Circle is compromised in some of these circumstances. Likewise, some agreements are silently being compromised. Therefore, some of us on the Management Team have put our hearts, prayers, and heads together to develop this “sample” letter, or “template” that Circles can use when and if needed to send to an entire Circle , in order to determine commitment and continued membership.

We offer you this letter to use “as is”, for this purpose. You may also customize it a bit, as needed, for any specific situation within your Circle, according to your prayerful discernment. You are also very welcome to contact me, Kathy Juergens , Kim Chapin, or Amy Pletcher if you have questions or would like to discuss this in more detail or for specific situations.

Emails: [Kim@womenswalkwithchrist.org](mailto:Kim@womenswalkwithchrist.org); [amy@womenswalkwithchrist.org](mailto:amy@womenswalkwithchrist.org);  
[kathy@womenswalkwithchrist.org](mailto:kathy@womenswalkwithchrist.org); [lucyg@womenswalkwithchrist.org](mailto:lucyg@womenswalkwithchrist.org)

In Sisterhood and in commitment to the WWWC Agreements,

Lucy Gerken

## Spirit Circle Commitment

The roster for our circle shows we have \_\_\_\_ members.

Some in our circle have difficulty attending with any kind of regularity.

(Optional) There are new sisters who live in our area who have had difficulty finding an open Circle to join close to their home.

### What makes a circle safe, and successful?

- Members committed to seeking their own healing and transformation in their Circle.
- Members committed to walking with their Sisters as they seek their healing in their Circle.
- Members committed to the safety and integrity of their circle so all Sisters feel secure, respected and supported.

### How does that happen?

- Members committed to keeping the WWWC Agreements to the best of their ability.
- Members committed to attending their Circle on a regular basis.
- Members committed to responding to circle check-in emails each time sharing how they are doing and letting the group know if they will or will not be attending the next circle.
- Members committed to arriving on time. (We understand that things happen occasionally that may make this difficult. Grace is extended when those occasions happen.)

These above mentioned commitments are all about upholding our Agreements with one another. Without being in Agreement with the sisters in Circle, the well-being of the entire circle is at stake.

Please dig deep and through prayerful consideration discover for yourself if Spirit Circle is right for you in your life right now. **As you seek the guidance of the Holy Spirit please consider these questions.**

- Is it realistic for me to commit to 2 meetings monthly on a very consistent basis?
  - Is my regular attendance at Spirit Circle something that fits in with my family responsibilities, and my busy life schedule in this season of my life?
  - Is Spirit Circle what I need and want in my life currently?
  - Is this particular Spirit Circle right for me, or do I feel like it might not be the best fit for me?\*
- \*If you would like to discuss your Spirit Circle experience with a sister in WWWC leadership, please feel free to contact Lucy Gerken by email at [lucyg@womenswalkwithchrist.org](mailto:lucyg@womenswalkwithchrist.org).

**Please prayerfully consider what is written here.** If you make this commitment, please put Spirit Circle on your calendar and make your family aware of your commitment. Please prayerfully consider if you are committed to your circle, or if you just like to show up when you feel like it. Some sisters are legitimately only able to commit to 1 Circle a month, and that's acceptable if it is a commitment. (*Likewise, a woman and her circle can communicate clearly with discretion and grace if a specific circumstance interferes with her being able to commit to "the letter of this law".*)

After prayerful consideration, if you determine that you can't commit at this point please be truthful to your Sisters about your inability to commit at this time. If at a later time, you find it will fit in your life, please check in with the Circle Contact person to see if the circle is open at that time. If it is not, we will try to assist you in finding another circle to join.

Contact: \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

## FOLLOW UP FOR THOSE WHO DO NOT RESPOND TO COMMITMENT EMAIL

After initial email to all members of the Circle and receiving the responses, this would be the next follow up step.

This second step is a one-on-one phone call or conversation, in which the woman is asked in an open ended way about her availability to and interest in the circle.

Most will say they are interested, so then the point is, are they able and willing to attend. If they can't, then grace to them, and blessing them on their way, that God lead them where they need to go--whether that is a different type of spiritual pursuit, or a season of life where they literally do not have time or energy to come, etc.

These women will probably feel honored and cared for that you reached out. You, or whoever is willing to have a conversation with them, from your group.

This phone call is in honesty and gentleness and grace. But it is not just to circle and tap dance around the issue. An answer is desired and required.

Third step, If the phone call is not answered, or returned, and the email is not answered, the woman should be sent an email that they will be taken off the check in email list. And also that by their absence in the Circle, they have expressed that they are not actually a member.

Other essential parts to be included in the message above:

- 1) Bless her in her journey, remind her that she IS a WW Sister, that she has prayers and good hopes and good will from the Circle.
- 2) If her availability and interest change in the future, and she have interest in returning to a Circle, then she can contact one of the group members, one on one, to express that desire.
- 3) At that time, the circle will be respectfully informed about their interest, and the circle status will be evaluated, then that contact woman will return the call to the interested previous member. If that particular circle is closed at that time, offer to help her find another circle to check with to join.



## Summary review of work principles and actions

Principles of work:

- 1) I don't have the answers. God does. I choose to submit to Him, His will, and His wisdom.
- 2) I practice hearing the voice of the Holy Spirit by prayerful listening in my daily life.
- 3) By living in intension, we learn to see how we live out our wounds by the triggers we experience.
- 4) It really is about me! We continue to seek healing and transformation by this practice.

Review Core Principles (from the Protocol and the SC Resource notebook)

What is Work:

- 1) Having a safe space.
- 2) Speaking about the places we need healing
- 3) Listening to the Holy spirit for direction
- 4) Making a choice to move in the direction the Holy Spirit is offering
- 5) Making that movement under the guidance of the Holy Spirit and in community with our Sisters
- 6) To be grounded in that healing to be able to go out into the world and live in this new transformation. (Review "Grounding work" which is a handout in your SC resource Notebook.)

Importance of Physical Movement in doing work:

- 1) Change of perspective
- 2) We feel our emotions in our body
- 3) Moving our bodies helps move these emotions (to empty our cup): to gain clarity, make space, release something that is blocking us, to make new space for healing.

Resistance in doing Physical work: feel self-conscious, doubt that it works, uncertainty, feels silly, "I don't know what or how to do it", not trusting, fearful.

Boundaries and resistance:

- 1) What is at risk?
- 2) What's the risk of changing?
- 3) What's the risk of keeping things as they are?
- 4) What's the risk of knowing something more?
- 5) Is this a boundary that needs to be kept in place, OR is it a boundary that I needed in the past to protect myself, but no longer serves me?

Use of Prayer: No FRAP (fixing, giving advice, rescuing, or project your ideas) during prayer

Keep prayers, both before and after work, concise. Listen to the Holy Spirit about your words. Too many words drown the woman in words and she may hear or feel less, or it may crowd out what the Spirit is trying to say to her.

If a woman asks for prayer, ask her what she would like to ask for, and use her words. Not everyone in the circle has to speak a prayer, and does not have to repeat what others have said.

## WWWC Training on Work Options

1. **Judgments:** If I have judgments about myself, someone else, or a situation, I may want to speak them out loud, or have someone repeat/reflect them to me, or write them down, or give them away (truth or lies; turn from darkness to light). If I need to hear the truth, I could do the same thing as I would do with judgments, and then speak the truth.

*(keep in mind to reflect back only what was heard, it is her truth, regardless of how it sounds to you. Also in order to ground new awareness, repeating more of the truth, and less of the lies is helpful. Having her repeat the truths several times as necessary)*

2. **Relationships:** If I think I need to have a conversation with one or more people, I may role play that situation. There are an endless variety of ways to do this. It may be just a time to say what needs to be said, whether or not the words are reflected back to her.

*(keep in mind to reflect back only what she is saying. If she wants feedback from someone, ask her what she thinks that person would say, or what she would want them to say. Don't freelance. The less words the better. If she is facing Jesus, this is a good time to give her back the words she wants to hear from Him, knowing that His truth is always love.)*

3. **Clearing:** If I need to get clear about an issue I could do a Clearing with someone standing in for the person I need get clear with

*(keep in mind what a clearing is, and what it is not. The clearing is to understand myself, my trigger, my actions. There may need to just be a conversation. See no. 2 above)*

4. **Decision Making/Clarity:** If I need help in making a choice, I could weigh items in my hand, walk towards or away from something or someone. I could have my sisters reflect back to me my options/choices, moving to and away from them. I could physically push on something, or push through something; perhaps a "tug of war."

*(keep in mind the action chosen can be based off of the words she uses: "I need to make a change by walking away, putting it down, giving it back... asking about what her life would be like if she took this action can also give you a clue: "I would feel more myself, lighter, freer, calmer, more loving"... ask for an action that would help her feel this way)*

5. **Giftedness/Affirmations:** If I need to see the gifts in myself, or just see myself more clearly, I could speak into a mirror. Ask for and receive affirmations, as in the "light of Christ" exercise. These can be written down and kept.

*(keep in mind, giving a woman space to see herself as God sees her can be a powerful thing. Anchoring this to a role is helpful: child of God, sister, wife, mother, daughter..... her Mission Statement is a good thing to use here. Also, asking what is true is helpful if she gets stuck)*

6. **Emotional Release:** If I'm overwhelmed by an emotion, it may be helpful to physically release it in order to understand myself better or see a new choice I could make. For example, release anger or sadness about someone or some incident that I cannot get passed, or heal from, by crying yelling, hitting a pillow; Or I could do a physical movement like running up and down stairs.

*(keep in mind that emptying her cup is going to give her space to see new options, more clarity, more peace.... Sometimes it's a good idea to offer this as a first exercise and then possibly move to another for grounding.)*

- 7. Gratitude/Celebration:** If I have gained a new awareness of my healing, or a new beginning, I can speak and move through those steps, and/or do something both verbally and physically to express joyfulness or gratitude.

*(keep in mind that it is so important, in doing healing work, to celebrate our victories. Included in this celebration are our daily successes, in order to ground them in ourselves, and make this gratitude a part of our ongoing healing and transformation.)*

- 8. Prayer:** Prayer is always important and can be a part of every woman's work. Prayer can be a starting point, or an ending point to the movement work a woman can do. A woman can ask one person to pray for her, the whole group, or anything in between. I can ask for specific prayer around the situation I am doing work on and the specific way I want to be prayed over.

*(keep in mind that a woman's prayer is about her work; use the words she has given you and no more. Take care to not FRAP in a woman's prayer: using fixing, rescuing, advising or projecting words.)*

**Another word about prayer:** prayer and work can go together, and often using both is an incredibly powerful experience. If a woman asks solely for prayer, the facilitator can invite her into doing work based on the data, judgments, feelings and the Holy Spirit's message to her; paying special attention to the HS message. This Circle is about supporting a woman as she listens to what the HS says to her, and then making a choice to move in that direction. **Don't hesitate to offer work options.** Review the Resistance piece above; ask what's at risk to move further on.

After Work: Grounding: Grounding is very important and is done at the end of every work piece.

- 1. What is the new awareness?** I stand strong in the new awareness, the truth, the clarity, the freedom that I have been given. I can state my awareness and connect it to something that will help me remember this awareness Allow the woman to stand in silence to connect with God.

*(keep in mind: allowing the woman to stand in silence gives her the opportunity to connect with God, then ask if there is anything that she want to speak out loud, about what has come to her: a word, a message, a song, a scripture.)*

- 2. Where is Jesus in this?** Feel the presence of Jesus in this new awareness. What does he say about it, about you? Remember that Jesus is on this journey with us, wants the best for us, and is delighted in you and what you have done today!
- 3. Accountability.** If there is an action step I want to do, how do I want to be held accountable? What specific do I need? Defined, measurable, doable steps are the best.

*(keep in mind that the woman is responsible for her next actions. One great way to do this is to have her be the one to reach out and communicate about her progress.)*

Additional examples of Ways to do work/actions:

- 1) Change seats (sit in the seat of someone you need to confront, to see their perspective)
- 2) Step aside (as you make truth or lie statements), or as you let something go
- 3) Speak to an empty chair as though it was a person
- 4) Use a mirror to see yourself: as you really are, as a wise women speaking, as a hurt women expressing her pain, to see Jesus in herself, etc.
- 5) Picking up burdens or problems; then putting them down, letting them go, giving them, throwing them away, etc. Can use weights, purses, pillows, books, etc.
- 6) Pick up objects and let them represent specific concerns. Name them. Then get rid of them.
- 7) Use objects as useful and positive messages as well, for taking in and grounding.
- 8) Write positive messages, affirmations, and truths on notecards as the women states them. Give them to her as part of her grounding to help her retain the God messages.
- 9) Being wrapped in a blanket (if requested or consented to) to comfort, feel protected, to cry, to feel secure as part of grounding
- 10) Dance! Move! Jump up and down, in either joy or anger. Run up and down a stairway. Lie down, stand up, sit down, turn from dark to light, turn from lies to truth. Push against a wall.
- 11) Use a staircase to move up to the top (moving up to victory), or vice versa (to empty pain out, then get on level ground to claim the truth).
- 12) Be creative in role play. Assign one or several persons a role, especially if there are similar triggers coming from several people.
- 13) Have that person/persons reflect, so you can hear all your words clearly.
- 14) Or do not allow them to speak, so you will not be interrupted.
- 15) Use clearing or conversation to speak to someone
- 16) Walk a gauntlet—of ideas or people
- 17) Use a blanket or a wall to form a barrier
- 18) Anger work with pillows, a rolled up towel to make a “soft bat”, a racket used on a pillow
- 19) Make a line on the floor to cross over—to escape pain to move to healing
- 20) Use coats or scarves to “tie” or “bind” a women (gently! And with permission from her to do so. She will unbind herself when ready in her work).
- 21) Celebratory steps to victory, great progress, etc
- 22) Your creative ideas here. Just always remember safety and a woman’s permission.
- 23) Role play a trial, as you accuse yourself; God is the judge, Jesus is the advocate.

Tips for facilitating work:

- 1) Use the Facilitation Guide from the SC Resource Notebook
- 2) Use her own words reflected (or paraphrased) back to her (her own truth)
- 3) Possibly ask “what do you want for yourself” as she begins her work. Or “what will be different if you have this?”
- 4) Pray with her with short, concise words: for example, “Lord guide her heart, mind, and will. Let Your will be done, as you guide her to your Truth and Healing. “
- 5) **Listen to what she says for Key Words**, about pain, or actions. For example: let go, give up, get through, put to rest, hand over, tired of....”
- 6) **Watch for a shift**: in her body language, her face, her voice, her tears, etc.