

Chicago West Clergy Wives Peer Learning Group

Session 5:

Oct. 2, 2021

10 am-2 pm

Theme: Changes and Life Transitions

Schedule for the Day

1. Prayer and Silence
2. General check in. What have you been doing since we last talked? Any major changes or challenges? Any significant life events? What's new?? (45 mins)
3. Play Sheryl Crow's "Change" (50 minutes 11-11:50)
 - a. **What's your reaction to this song? What does it make you think of? How does it make you feel?**
 - b. **How do you feel about change in general? Do you tend to avoid or embrace change? What emotions do you associate with change and why?**
 - c. What life changes are you experiencing right now or have experienced recently? What life changes do you expect to experience in the near future. How do you feel about these?
 - d. **There's an old corporate leadership book called "Change or Die." What do you need to change right now in your life in order to live the life you strive for?**
4. Lunch (12-12:45)
 - a. Discuss plans for extraordinary session
 - b. Discuss need to pay in to continue.
5. Life Transitions: Show Jon DeWaal's video. Then Discuss: (12:45-2:00)
<https://youtu.be/cKUu6SD7V7A>
 - a. **"All transitions begin with an ending"--Thoughts, comments? We need to reflect on the ending first and talk about that ending. What transition are you in now, have been in recently, or anticipate being in the future?**
 - b. **Reflect on your endings--what do you want to leave behind? What is unresolved and may stay that way? How are you feeling about the ending? (journal)**
 - c. Are you prepared mentally, physically, spiritually for the next transition? How can you be?
 - d. In your current state of transition or change now, what is your invitation to thrive? Where in the change do you see the potential for thriving? (Journal)
 - e. **"Now what?" What about this new transition could be transformative? What do you want the transition to lead to for you? For your family? For your marriage? (journal)**
 - f. **Self honesty--how did I help get here? What is limiting your "now what options?"**
 - g.

Bring to meeting:

Prayer book

Hand sanitizer, clorox wipes, masks

pens, notecards, journals (?) or notebooks

desserts

drinks

portable speaker

computer

Take pictures!!

printed charter