

Chicago West Clergy Wives Peer Learning Group

Session 3:

4 hours

Theme: Trust

Schedule for the Day

1. Prayer and Silence
2. Review Charter (5 minutes)
3. General check in. How's everyone been doing since we last talked? Any major changes or challenges? Any significant life events? What's new?? (30 mins--this took about 1.5 hours because of significant life changes that two members discussed))
4. Reflection questions for journal (do this if need to extend #3)
 - a. Since we last met, what experiences have you had that have been life giving?
 - b. What have you read or seen since we last met that has been meaningful to you.
5. Lunch (45 minutes)
6. Watch Anatomy of Trust by Brene Brown (10 minutes). Hand out anatomy of trust for them to make notes on and Discuss. (30-45 minutes) https://youtu.be/OSqFiTeka_I
 - a. Boundaries
 - b. Reliability
 - c. Accountability
 - d. Vault.
 - e. Integrity
 - f. Non-judgment
 - g. Generosity
7. Follow up questions to Anatomy of trust:
 1. In her acronym BRAVING (Boundaries, Reliability, Accountability, Vault, Integrity, Non-Judgement, Generosity), is there one of the components that you wrestle/identify with the most in yourself? write about it.
 2. Is there one that you struggle with in other people? one that is really your pet peeve? talk about it.
 3. How will this anatomy of trust help you in your relationships with parishioners?10 More follow up questions:
 - a. **B**: Did I respect my own boundaries? Was I clear about what's okay and what's not okay?
 - b. **R**—Was I reliable? Did I do what I said I was going to do?
 - c. **A**—Did I hold myself accountable?
 - d. **V**—Did I respect the vault and share accordingly?
 - e. **I**—Did I act from my integrity?

- f. **N**—Did I ask for what I needed? Was I nonjudgemental about needing help?
 - g. **G**—Was I generous towards myself?”
8. Break
 9. Play a song and write reaction to it. “Coming Home” by Kerygma (15 minutes) did not do this
 - a. have you felt that separation from church and reconnection as described in this song? When?
 - b. Does the current situation of COVID restrictions make you feel this way?
 10. Write down your favorite Psalm and why this means something to you. did not do this
 - a. go around and have each member say their verse and why. Facilitate comments from others.
 11. Journal: Great Lent is coming up. 30 minutes
 - a. How would you like it to be different this year?
 - b. What are your worries or fears?
 - c. What are you looking forward to?
 - d. what are you not looking forward to?
 12. Show the face picture--which one are you and why? did not do
 13. How to have a great conversation, Celeste Headlee Youtube video (11 minutes) did not do
 14. Pass out her tips. Which ones are challenging for you? Which one do you appreciate/dislike in other people? (use journal to reflect). Can handout the tips
 15. Discuss plans for future meetings.
 - a. How did this work today, clearing the whole day? Next meeting
 - b. Do we want to connect between sessions? Facebook group? WhatsApp group? Email group? To share ideas, events,
 - c. Brainstorm ideas for locations, noting requirements of:
 - i. private (no kids and that includes husbands)
 - ii. quiet
 - iii. wifi and tv to show youtube videos
 - iv. ability to spread out and move around a bit
 - v. place to eat
 - vi. comfy seating
 - d. Pass out cards and ask them to write down ideas for topics
 16. Other activities:
 - a. Write down activities that energize you. How often do you get to do these? what are obstacles to doing them? how can you find ways to work them in?



Bring to meeting:

Prayer book

Joy in to Practice book

Hand sanitizer, clorox wipes, masks

pens, notecards, journals (?) or notebooks

desserts

drinks

table runner

mints/nuts, candy dishes, spoons

portable speaker

computer AND ipad and chargers

table topics

clipboards?

kleenex

Take pictures!!

printed charter