**Guide for “Behold, I am Doing Something New” Process**

(Created for a 90-Minute Time Frame)

**Purpose**: To assist the discernment on where religious life is being led by exploring together the questions or realities of religious life that may be emerging and by sharing those insights with others.

**Needed:**

* Chimes, bell or quiet music for moving the group from one part of the process to the next
* CD player
* CD of “Something New” by Jan Novotka (or another song of your choosing)
* One copy for each person of “Contemporary Religious Life – Handout”
* One copy for each person of “Contemporary Religious Life Handout – Questions”

The following process will need to be adapted, depending upon the length of time the gathered group gives to the process and the number of people at the meeting.

**Ask for two volunteers who will write the brief synthesis statement following the process that expresses what the group wants to communicate to the others about the group’s insight that has emerged from this process.**

**Invite the participants to divide into groups of 5-7.**

**Ask for a volunteer from each group who will serve as the listener, synthesizer and reporter for that group. Tell the volunteers that you will tell them when they need to start writing.**

**Give an overview of the process and tell the group that you will announce how much time they will have for each part of this process.**

**The Contemplative Process**

*2 minutes*

Invite them into a quiet space (breathe deeply, relax their bodies). Once people are settled, state:

**“Behold, I am doing something new… Can you not perceive it?”**

*4 minutes*

Play “Something New” by Jan Novotka (CD provided)

*5 minutes*

Invite the members to a quiet reflection.

**Imagine yourself looking upon the world with no judgments, no question, but rather just with a contemplative gaze.**

**Which significant events capture your attention?**

After about 2 minutes:

**Keep those realities in your heart as you now look back with a contemplative gaze on this meeting. Recall:**

* **The input to and discussions by the members of our region**
* **The discussions on the current realities of US women religious**
* **The dreams and hopes you heard expressed and the ones that stirred in your own heart**

(3 minutes)

*3 minutes*

**Consider in quiet, in what ways is the content of this meeting impacting the shape and the mission of religious life?**

*(At the end of the time use chimes, bell, or music to signal the ending.)*

*2 minutes*

**Try to summarize in a word or phrase your answer to the question:**

**In what ways is the content of this meeting impacting the shape and the mission of religious life?** *(pause)*

**Speak aloud to your group your word or phrase.**

*(Chimes)*

*1 minute*

**After hearing one another, in quiet, consider:**  **What question or reality may be emerging for religious life?**

*(Chimes)*

*10 minutes*

**Allow time for each person to share her response to the question:**

**What question or reality may be emerging?**

*(Chimes)*

*1 minute*

**After listening to one another, in quiet, try to name for yourself what your small group feels is emerging.**

*10 minutes*

Refer the members to the handout

**As you think about what may be emerging, in quiet, consider these questions:**

* **What response does this reality call for from you, from your religious institute, from LCWR?**
* **What is this emerging reality or question saying to you about the future?**
* **Is there anything impeding your perception of this reality and, if so, what can you do in order to see and understand it more clearly?**

*(Chimes)*

*20 minutes*

Small group sharing on the responses to these questions.

*1 minutes*

**As you think about your group’s conversation, reflection, in quiet, ask yourself: What is the ONE insight that you feel your small group should share with the region?**

*7 minutes*

**Share your thoughts on what the ONE insight is that you feel is emerging from your group. Invite the group listener/reporter to take notes and test out with the group what she is hearing as the ONE insight.**

*(Chimes)*

*10 minutes*

**Allow the small group listener/reporter time to compose her brief report and test it out with the rest of the group. What is the one insight your small group most wants to share with the large group?**

*(Chimes)*

*4 minutes* (depending on the number of small groups you have)

**Invite each small group listener/reporter to share her group’s insight.**

*2 minutes*

**In quiet, consider: In light of all that we have heard from one another, what do we want to name as the insight that is emerging from this conversation of our group that we will share with others?**

*10 minutes*

Invite the group to turn their chairs in a way that makes a large group conversation possible. You will now facilitate a conversation among the whole group asking**, In light of all that we have heard from one another, what do we want to name as the one insight that is emerging from this conversation of our region that we will share with the rest of the LCWR membership?**

Based on the large group conversation, the two writers compose a brief statement that answers the question: What one insight emerged from this conversation that our region wishes to share with the rest of the LCWR membership?

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