



**The 2002 fall theme:
reflect, replenish and rejuvenate**

The sister i fall seasons guide starts by setting our goals for the season. Following the theme of the season, we will concoct a wellness portion during our workshop to rejuvenate our creative spirits! We will engage in a thoughtful discussion about our lives and acknowledge the people who have influenced us along the way. We will support and encourage one another as we share our creative pursuits and discuss rituals and ceremonies of other cultures. Finally, we will end the season with a self-indulgent visit to a local spa!

opening fall — get ready

workshop — replenish recipes

creative inventory — encounters

revisiting exercise — sharing our creative pursuits

reflective conversation — rituals and ceremonies

closing fall — spa!

start a sister i or mother i circle in your community!

1. Gather like-minded women.
2. Find places and times to meet. Designate lead sisters/moms for season.
3. Meet—use the sister i format and seasons guide to direct your meeting.

circle format — each meeting looks like this!

opening: read mission statement

silent time word: use word provided to help center quietly

intro sentence: take turns finishing the sentence exercise

stepping stones/synchronicities: share creative journeys and guiding influences

business: schedules, materials and matters to be discussed

jewel box: the project, activity or discussion for the meeting!

closing: state goals until next meeting — end with brief silent time

*Refer to the circle elements and starter guides for further information on facilitating a sister i/mother i circle in your community — freely available at www.sisteri.com.



fallsister i circle calendar — your six meeting itinerary for fall

Schedule your meetings two weeks apart, preferably on the same day and time of each week. Schedule places according to the needs of that meeting's jewel box.

lead sister(s):

first meeting

opening fall — get ready

date:

second meeting

workshop — replenish recipes

date:

third meeting

creative inventory — encounters

date:

fourth meeting

revisiting exercise — sharing our creative pursuits

date:

fifth meeting

reflective conversation — rituals and ceremonies

date:

sixth meeting

closing fall —spa!

date:

*sister i/mother i circle's community gathering day and date:

*Post your community gathering on the sister i website!



opening fall — get ready

opening: mission statement

introductions

silent time word: I

intro sentence: I am...

stepping stones/synchronicities: share past creative journeys and guiding influences

business notes: discuss the season schedule and materials needed for workshop *prep work for the workshop is necessary for it to succeed!

jewel box: opening fall — creative goals for the season

closing: brief silent time

Welcome to the opening of the fall 2002 sister i season. This is the time to introduce ourselves and state our intentions for coming together. During the jewel box we will begin by stating our creative visions for the season. Let this be a time of encouragement — allowing us to share our visions with freedom of mind and spirit. We'll use the questions and statements below to help define our creative goals for the season and refer to them at each meeting during the stepping stones section of the meeting. Take some time on your own before your group gathers and answer the following questions. Share with the group during the jewel box.

My long-term vision for living my creativity is:

My current creative outlets and goals for the season are:

Here is a list of the areas in my life that are essential to my creative well-being and the goals I hope to achieve throughout the season. Set seasonal goals and action steps under the headings for "mind, body and spirit". Define your goals and choose some action steps to get you started. (Take the creative well-being quiz found on the sister i website to help you define your goals.)

Goals for the season/affect on creative well-being (mind, body, spirit)/stepping stones.

Goals for the season	affect on creative well-being (mind, body, spirit)	stepping stones

Example:

spend 2 hours painting each week	time alone to express myself on the deepest level	Get baby sitter, clear out space for studio
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replenish recipes — workshop

opening: mission statement

silent time word: mirror

intro sentence: My mood is ...

stepping stones/synchronicities: share past creative journeys and guiding influences and state your short-term goals for the next meeting. creative journeys and guiding influences

business notes: remind one another to read creative inventory questions before next meeting

jewel box: workshop — replenish recipes

closing: brief silent time

The sister i workshop is designed to initiate problem solving through fun and innovative projects that will inspire your creative journey. Basic instructions encourage members to share ideas and explore a variety of materials with one another.

The fall workshop engages the circle in creating skin care products that will revitalize the spirit and give new energy for your creative journey. You'll gather with your wooden spoons, herbs and secret ingredients — guided by recipes that the circle will modify and alter to the group's specifications. Included below are a few books and websites to help you find recipe ideas. Before you meet, decide on the type of skin care product you'd like to concoct — bath crystals, facial lotions or lip balms. Next, discuss your packaging options. Remember, half the fun in pampering yourself is in the aesthetic beauty of the product! Finally, decide on a place where you can gather and make a mess! Give yourselves ample time for this workshop and make large batches of your circle's wellness potion. That way you can indulge yourself and have enough to share with special friends!

Below are a few websites and books that provide recipes for skin and hair products. Use them as references to help you invent your own products. Be sure to read the recipes carefully, as some will spoil without preservatives.

Family Herbal, by Rosemary Gladstone

Natural Beauty at Home: More Than 250 Easy-To-Use Recipes for Body, Bath, and Hair, by Janice Cox

The Skin Care Book: Simple Herbal Recipes, by Kathlyn Quatrochi

Recipes for Natural Beauty: 100 Homemade Treatments for Natural Beauty, by Katie Spiers

<http://www.pioneerthinking.com>

<http://www.cheriscountrycottage.com>

<http://www.herbalaccents.com>

junk box suggestion! Collect an assortment of containers, then label them with your special touch. Nail polish, metallic and paint pens work well on glass. Try making labels from decorative paper, gluing a special stone to the lid, or wrapping your container in wire and beads! The ideas are endless!

*camera — Be sure to take pictures of your creations! Send photos in and we will post them in the gallery — revel in your inventiveness and inspire other sisters as well!



creative inventory — encounters

opening: mission statement

silent time word: fox

intro sentence: My ideas tend to move...

stepping stones/synchronicities: share past creative journeys and guiding

influences and state your short-term goals for the next meeting

business notes: Who will present for revisiting exercise?

jewel box: creative inventory — encounters

closing: brief silent time

The creative inventory meeting is a time for digging deep and finding answers that will help us understand our creative development through a selection of questions and topics related to the theme of the season. The circle selects questions and then engages in discussions from the list.

As creative women it is important that credit those people who have inspired us our creative journeys. Whether these individuals or encounters were subtle or dramatic, name those relationships or experiences that have guided your choices and clarifies your life purpose. Take a moment before you meet to identify the people who have influenced your creative journey. Reflect on their importance and then share your stories during the circle's creative inventory discussion.

suggestions for discussions:

Do you believe that some (or all) encounters happen for a reason?

Is there someone special in your life that encourages you to reach your dreams?

Was there ever a time when a conflict with another person challenged you to take a closer look at your creative journey?

Have you ever had a brief encounter with a stranger that changed your perspective on a specific situation or belief?

Are there people who you avoid having contact with because they challenge your beliefs?

Write your notes for the creative inventory discussion here:



revisiting exercise — sharing creative pursuits

opening: mission statement

silent time word: avenue

intro sentence: I've been creatively challenged to...

stepping stones/synchronicities: share past creative journeys and guiding influences and state your short-term goals for the next meeting

business notes: make plans for the last meeting — spa!

jewel box: revisiting exercise — sharing creative pursuits

closing: brief silent time

The revisiting exercise invites the circle to share their individual creative pursuits through a question and answer discussion forum. Each season a few members volunteer to show and describe examples of their creativity and ask the circle for support and encouragement. This is designed to 1. help the circle better understand one another's creative pursuit and 2. receive positive support, encouragement and inspiration from the circle. Whether you are fully engaged in or exploring a new creative pursuit, this is a powerful exercise in opening ourselves up to the genuine support of the group. It teaches us to step back and take the information that others are willing to share and then consciously pocket what is of value and discard what is not. Breaking ourselves from the fears associated with showing our work will bring exciting revelations and insights that will breath new fire and life into the creative process — be brave!

The presenter first shows her work and explains her creative pursuit to the circle. Examples may in the form of color swatches of a home decorating project, journal entries, drawings, finished manuscripts, photos, a business plan — anything you would like support on. Then she asks for supportive and encouraging comments and questions from the circle — this is a time of goodwill, positive regard and inspiration! Please refrain from critiquing no matter how well intentioned or constructive.

explore and support questions

How does it feel to do this work?

Has summer influenced your creative pursuit?

When are you most productive?

Where do you want to go next with this?

What dreams do you envision for your passion?

What would support you most to take the next step?

How can the group support you best?

Describe how your creativity has evolved to this level.

How has working on this filled your creative spirit?

How have you explored your creativity through the process?

Describe the choices you've made.

What is the "meaning" of this piece?

What kind of challenges have you faced?

Where do you see this leading?

What kinds of "truths" are you learning about yourself through the process?



reflective conversation — rituals and ceremonies

opening: mission statement

silent time word: sage

intro sentence: What I am wearing...

stepping stones/synchronicities: share past creative journeys and guiding influences and state your short-term goals for the next meeting

business notes: discuss materials for next meeting — closing fall

jewel box: reflective conversation — rituals and ceremonies

closing: brief silent time

The reflective conversation engages the group in thoughtful discussions that awaken our senses to the creative world around us. Use the topics and questions suggested by the theme of the season to initiate your discussion.

Our world's vast cultures are defined by spiritual and creative customs that are intricately woven together with everyday rituals and ceremonies. As a circle, discuss the customs of other culture's that you have incorporated into your daily life. Use the questions provided to help guide your reflective conversation.

suggestions for topic discussions:

Does your personal environment reflect the influence of other cultures? Please describe.

How have you integrated these customs into your home or sacred place?

How is your creativity influenced by other cultures beliefs rituals or customs?

Which customs, rituals or ceremonies of other cultures have made you question your own cultures beliefs?

State other related topics you'd like to explore:



closing summer — spa!

opening: mission statement

silent time word: sisterhood

intro sentence: I say good-bye to summer...

stepping stones/synchronicities: review seasonal goals from opening season

business notes: discuss details for next season — see below

jewel box: closing fall — spa!

closing: no goals for next meeting (a time to pause) — end with brief silent time

The closing season meeting celebrates the creative journey of the circle by sharing accomplishments and bringing closure to the season.

An outing is often suggested that follows the theme of the season. This is also the time to make arrangements for next season.

As the fall season closes, so does the calendar year. Most of us feel over-whelmed, anxious and exhausted from preparations for the holiday season. You deserve a treat! For the closing meeting, relax and rejuvenate your creative spirit by pampering yourself at a spa. If your area doesn't have a spa or your circle is on a tight budget, create your own relaxing environment — hire a masseuse, immerse yourselves in a hot tub, or give one another facials with your circle's wellness potion! Then end the season in celebration by relaxing around the fireplace with herbal teas, organic foods and fine wine! Giggle and have fun!

closing season to do list:

Discuss each member's creative accomplishments (include everything from baking/cooking to starting a new business!). Write them in the circle journal.

Choose the next season's circle lead sister.

Get a group photo.

Make sure every member has written in the circle journal.

Thank one another for the circle!

Please write the sister i website and share your experience of being a member of a sister i circle! colleen@sisteri.com