



**The 2002 summer theme:  
your creative journey — a summer joy ride!**

The sister i summer seasons guide explores the creative rewards and joys of being spontaneous and carefree. In addition to the goal setting and sharing creative pursuits of sister i, this season's meetings include collaborating on vision quest books, discussing adventures that have inspired our creative spirits, observing offbeat artistic expressions and taking a circle road trip! Enjoy!

**opening summer — get ready**

**workshop — vision quest books**

**creative inventory — adventures**

**revisiting exercise — sharing our creative pursuits**

**reflective conversation — "off the wall"**

**closing summer — joy ride!**

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](http://www.sisteri.com).



**summer sister i circle calendar — your six meeting itinerary for summer**

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 summer — get ready

date:

second meeting: workshop — vision quest books

date:

third meeting: creative inventory — adventures

date:

fourth meeting: revisiting exercise — sharing creative pursuits

date:

fifth meeting: reflective conversation — off the wall

date:

sixth meeting: closing summer— "joy ride!"

date:

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

\*Post your community gathering on the sister i website!



**opening summer— get ready**

opening: mission statement

introductions

silent time word: i

intro sentence: I am...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes: discuss the season schedule and materials needed for workshop (CD player and camera)

jewel box: opening summer — creative goals for the season

stepping stones for next meeting:

closing: brief silent time

Welcome to the opening of the summer 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



### vision quest books (workshop)

opening: mission statement

silent time word: essence

intro sentence: I feel an endless amount of...

stepping stones/synchronicities: share creative journeys and guiding influences

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

jewel box: workshop — vision book

stepping stones for next meeting:

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.

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The summer workshop encourages the circle to engage in imaginative story telling.

Each circle sister writes a short paragraph that describes a defining moment she envisions having, and hopes to accomplish, at some point in her creative journey. She then asks the other women in the circle to contribute by sharing their reflective and supportive story lines. The final piece is an intimate book to give support and encouragement for your creative journey.

You will need to orchestrate your workshop by following these specific instructions:

1. First, read through the instructions, and then coordinate a timeline for your workshop.
2. Create a simple blank book by folding several sheets of paper in half and then sandwiching them together. Allot for at least one page for each sister to share her "chapter" of your story. The size and quality of paper is individually decided.
3. On the inside of the first page, each member describes a significant moment or vision she hopes to experience during her creative journey. Examples: a book signing event, finishing a race, feeling freedom, a peaceful phone call, or a spiritual encounter.
4. Each circle sister hands their book to the person next to them.
5. Read your fellow sister's introduction and reflect on it. Turn to the next blank page and write your vision for how the story continues using a supportive and reflective voice. When you are finished, pass the book to the next person.
6. Repeat step 4 until the book is returned to its owner.
7. Write a closing comment in your vision book.
8. Label and bind your book with the junk box suggestions!

junk box suggestions:

paper (an assortment of decorative paper or fabric, brown grocery bag paper, weighted watercolor paper)

an assortment of writing tools (gel pens, gold markers, watercolor pencils)

simple binding materials (satin ribbon, raffia, long blades of grass, beads)

music — decide who will bring a CD player

camera — send us a photo and we'll post it in the gallery!



## creative inventory — adventures

opening: mission statement

silent time word: river

intro sentence: I feel free when I...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes: Who will present for revisiting exercise?

jewel box: creative inventory — adventures

stepping stones for next meeting:

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.

The circle exchanges stories of triumphant challenges that have involved taking a risk or being unusually adventurous. This is an opportunity for each sister circle to express those life changing, courageous moments of personal challenge. Each story is significant and unique to the person telling it.

As listeners we have the opportunity to respond by interpreting the action or risk as an intricate part of her creative journey, and perhaps, enriching our own journeys.



## revisiting exercise — sharing creative pursuits

opening: mission statement

silent time word: wave

intro sentence: Essential to my creative journey is...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes: make plans for the last meeting — road trip

jewel box: revisiting exercise — sharing creative pursuits

stepping stones for next meeting:

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 — off the wall

opening: mission statement

silent time word: eternal

intro sentence: I'm wildest when...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes: discuss materials for next meeting — closing summer

jewel box: reflective conversation — off the wall

stepping stones for next meeting:

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.

For the summer's reflective conversation, the circle observes creative expressions that challenge preconceived ideas of what we feel is aesthetic. The circle observes public art in all its forms and proceeds to discuss what they find to be "off the wall", strange, profane, absurd or pure non-sense. As opposing viewpoints surface, challenge yourself to be open-minded.

Before meeting, write down three public art pieces that question your idea of beauty. Some examples may include: architectural landmarks, public parks, graffiti sculptures.

- 1.
- 2.
- 3.

Suggestions for topic discussions:

Observe creative expressions within your community as well as globally. Discuss decadent trends, political statements, local and national theater and arts movements.

What is provocative to the public eye?

Define conventional vs. unconventional in the world of functional art.

State other related topics for discussions you'd like to explore here:



### road trip (closing summer)

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 — road trip

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.

The circle celebrates the closing of summer by planning a venture to a place that is unfamiliar or unknown to the entire circle. How you get there will be part of the fun — ride your bikes, take a boat ride, canoe down a river, hike in the wilderness or tour the country side. The circle can reflect and acknowledge the stepping stones and goals of each individual as you discover new locales. During the business section of a previous meeting decide when and where you'd like to go, what you'd like to experience and how you'll get there. If the circle is can not come to a consensus, jot down three suggestions and draw one from a hat! Enjoy, and be carefree!

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](mailto:colleen@sisteri.com)