

sister i SM



**The 2003 spring theme:
femininity — living our creative essence**

This spring we'll explore how our feminine energy empowers our creative journeys. We will begin the season by stating our stepping stones and creative goals. We will also make waistbands with charms, discuss the feminine creative spirit in our daily lives and share our creative pursuits. And to celebrate our creative journeys through spring, we'll gather for a girls night out

opening spring — get ready

workshop — waistbands

creative inventory — defining femininity

revisiting exercise — sharing creative pursuits

reflective conversation — the feminine creative spirit

closing spring — girls night out!

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 ([LINK](#))

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.

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spring sister i circle calendar — your six meeting itinerary for spring

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 spring — get ready

date:

second meeting: workshop — waistbands

date:

third meeting: creative inventory — defining femininity

date:

fourth meeting: revisiting exercise — sharing creative pursuits

date:

fifth meeting: reflective conversation — the feminine creative spirit

date:

sixth meeting: closing spring— girls night out!

date:

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

*Post your community gathering on the sister i website!



opening spring— get ready

opening: mission statement

introductions

silent time word: i

intro sentence: I am...

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

business notes: discuss the season schedule, decide what materials are needed for the and time you will need!

jewel box: opening spring — creative goals for the season

closing: brief silent time

Welcome to the opening of the spring 2003 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
Example: stepping stones for my creative journey through the seasons include.	journal writing, light yoga, write a daily/weekly affirmation, draw in sketchbook	Get baby sitter, clear out space for studio

example: journal writing, light yoga, write a daily/weekly affirmation, draw in sketchbook

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waistbands (workshop)

opening: mission statement

silent time word: bellies

intro sentence: Revealing my body...

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

goals for next meeting:

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

jewel box: workshop — waistbands

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.

In some African cultures women adorn their waists with charms on a waistband to honor and protect her female organs. The charmed waistbands are worn under clothing or exposed, as a way of celebrating the feminine creative spirit.

This project is quite simple in task, but requires a thoughtful mindset when picking out your band and charms. Envision the creative energy you hope to bring to your body as you search for your materials. Also, consider the way the band and charm will feel next to your skin.

What you'll need: One or more charms or beads and a band.

junk box suggestion!

charms and beads: Bring several pieces to your meeting and share your ideas with the circle.

bands: Thin silk or satin ribbons, leather cord, beading cord, old necklaces and chains.

other materials: Anything else that you might want to add or dangle — paint or nail polish to detail your charm, flower essences (to scent your band!) or a photo for a locket. Also, consider whether you'll need adhering materials and prepare accordingly.

*camera — Be sure to take pictures of your creations! Send photos in and we will post them in the gallery. When you revel in your inventiveness, you inspire not only yourself, but help other sisters to blossom as well!

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creative inventory — defining femininity

opening: mission statement

silent time word: woman

intro sentence: The woman in me...

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

goals for next meeting:

business notes: Who will present for revisiting exercise?

jewel box: creative inventory — defining femininity

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.

During the creative inventory we'll explore the different ways we understand the meaning of femininity and how our impressions of the word have influenced our creative journey.

suggested topics for discussions:

On a piece of paper write five words that describe your feminine creative spirit. Share your words and use your comparisons as a basis for your discussion.

Reflect and share those moments when your feminine creative expressions were honored within your relationships and extended community.

What was your childhood impression of the word femininity? Were you taught to honor your feminine energy? Share your story.

Is there anyone in your community that exhibits qualities of the feminine creative spirit that you would want to aspire to be like? Describe this woman's creative expression and how it relates to her feminine energy.

Can you share incidences where your feminine creative energy wasn't honored? How did this influence your creative journey?

How has the feminine creative spirit in your mother and her mother and her mother's mother (etc...) found her voice in your daily life?

Discuss the women in your life who have been "sister friends" (mentors) for your creative journey?

Write your notes and ideas for the creative inventory discussion here:

revisiting exercise — sharing creative pursuits

opening: mission statement

silent time word: empower

intro sentence: I feel empowered to...

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

goals for next meeting: _____

business notes: make plans for the last meeting — girls night out!

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 can also be offered as a workshop that engages the whole circle. 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 breathe 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 come 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, the circle members offer supportive and encouraging comments and questions. Remember, 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 spring 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?

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reflective conversation — the feminine creative spirit

opening: mission statement

silent time word: peace

intro sentence: My feminine creative spirit in spring...

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

goals for next meeting: _____

business notes: discuss materials for next meeting — closing spring

jewel box: reflective conversation — the feminine creative spirit

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.

During the reflective conversation we'll discuss the feminine creative spirit and her influence on our changing world. Use the questions and topics below to guide your discussion.

suggestions for topic discussions:

How do you see the feminine creative spirit healing the world? As a circle create a plan on how the feminine creative spirit could ultimately bring peace to our world.

How are our younger sister's feminine creative spirits being fed? What is our moral responsibility as mentors to young women beginning their creative journeys?

How is the feminine creative spirit being honored and celebrated in your extended communities?

How is the feminine creative spirit being expressed and empowered through women's fashion statements?

What works or art in literature, fine art or otherwise have had a profound impact on the way we think about the feminine creative spirit?

State other related topics you'd like to explore:

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closing spring — girls night out!

opening: mission statement

silent time word: sisterhood

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

stepping stones/synchronicities: review seasonal goals from opening season

business notes: discuss details for next season — see below

jewel box: closing spring — home is where we live

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.

To celebrate the closing of spring, gather for a girl's night out. Choose a way to honor your feminine creative spirit by attending a play by a female playwright, dancing at a disco, going to a "chick" movie or fine dining in a woman owned restaurant. Celebrate 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