



sister i SM **summer** 2003 *seasonsguide*

**The 2003 summer theme:
joy & laughter — playing in the creative gardens**

The circle gathers this season to celebrate the essence of joy and laughter in our creative lives. We will begin by stating our stepping stones and creative goals, then we'll engage in activities and discussions that explore the different ways we let go and enjoy the creative journey . The closing meeting celebrates our creative journeys into our pleasure gardens with some adventurous fun. Sky diving anyone?!

Your summer jewel boxes™:

opening spring — get ready

workshop — dress up

creative inventory — joy & laughter

revisiting exercise — sharing creative pursuits

reflective conversation — the art of laughter

closing spring — adventure

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.



sister i SM **summer** 2003 seasonsguide

spring 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 — dress up**

date:

third meeting **creative inventory — joy & laughter**

date:

fourth meeting **revisiting exercise — sharing creative pursuits**

date:

fifth meeting **reflective conversation — the art of laughter**

date:

sixth meeting **closing summer — adventure!**

date:

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

*Post your community gathering on the sister i website!



sister i SM **summer** 2003 *seasonsguide*

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 summer — creative goals for the season

closing: brief silent time

Welcome to the opening of the summer 2002 sister i season.

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.)

stepping stones for my creative journey through the seasons include:

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

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



sister i SM *summer* 2003 *seasonsguide*

workshop — dress up

opening: mission statement

silent time word: jewels

intro sentence: My closet ...

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 — dress up

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.

For the "dress-up" workshop you will gather with your sister friends at one of your homes and exchange those crazy, sensual, wild, out grown things that you are ready to pass on. Bring to your meeting old favorites or things you never dared to wear in public — costume jewelry, wigs, funky lipstick, dated garments, sunglasses, swimsuits, perfume or you name it anything goes! During the jewel box, take out your things and share with the circle how you came to own the piece and why you are ready to pass it on. Then, either share by picking and grabbing or make a game out of it by bidding them off with pennies and nickels — If you grab it, you wear it and take it home! Bring thread and needle along, as well as your junk boxes and make alterations and additions to your "finds" on the spot. And now that you all look so divine, why not share your new look by going out on the town. Have fun ladies!

junk box suggestion!

pins

lace

needle and thread

beads

fabric paint

fabric glue

*camera — Be sure to take pictures of yourselves! 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 — joy and laughter

opening: mission statement

silent time word: laugh

intro sentence: My sense of honour...

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 share and explore the unpredictable ways our playful spirits feed our creative journeys. Come prepared by recalling those moments in your life when expressions of joy and laughter deepened your connection to your creative spirit. As a circle, help one another to find the connection between experiencing life's joys and pleasures and living your creativity.

Use the following questions to help guide your discussion:

Share with the circle the last time you remember losing yourself in a joyful moment. How did this feed your creative journey?

Describe any routine activities that you engage in that free your creative spirit to be in the present moment.

Who are the people and/or mentors in your life that exhibit a playful heart and are on some level living their creativity? How would you describe their creative sense of self?

Discuss the different ways that we, as women, conform to societal rules that keep us from experiencing the joy and contentment we desire for our lives?

Describe a great moment in your life when you laughed uncontrollably or felt overwhelming joy. How did your experience inspire the creative lives of those you were connected to at the time?

Describe a time when you witnessed another's sense of pure pleasure and felt feelings of envy or resentment. Can you explain how this affected your sense of creative well-being?

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



sister i SM *summer* 2003 *seasonsguide*

revisiting exercise — sharing creative pursuits

opening: mission statement

silent time word: river

intro sentence: This week I laughed...

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 — adventure!

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 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?



sister i SM *summer* 2003 *seasonsguide*

reflective conversation — the art of laughter

opening: mission statement

silent time word: daisies

intro sentence: My favorite smile...

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 summer

jewel box: reflective conversation — the art of laughter

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.

Gather and discuss creative works of art (from multiple mediums) that are also playful, funny, silly or even non-sense. These may or may not be pieces that have been well-received by the general public, but do exhibit some degree of creative integrity by the artist. Use the questions and topics below to guide your discussion.

ideas for your discussion:

Share a hilarious scene in a movie that gave you belly aches ("There's Something about Mary" has many!). Explain why it works as a piece of art.

Compare childlike paintings by the masters or other painters that you appreciate. (Picasso and Matisse during their later years dove into child-like art).

Share music with explicit words that tend to make you blush (Donna Summer, James Brown!). Take turns reading the music out loud.

Go to a museum or look through art history books and look for paintings and sculptures that make you giggle. Discuss why some pieces make one circle sister laugh while another is offended or bored.

Discuss some cartoons that you would describe as masterpieces of art.

Come up with your own topics for discussion and write them here:



sister i SM *summer* 2003 *seasonsguide*

closing summer — adventure!

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 summer — adventure!

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.

One way to experience pleasure is to engage in an adventurous activity that focuses the mind on the present moment. To celebrate the closing of summer you'll gather with the circle and try doing something fun and out of the ordinary. Try rock climbing, playing volleyball, skinny dipping, climbing trees, hunting for night crawlers, riding in a helicopter, singing songs in public, camping, visiting an amusement park, playing in mud, water skiing — the list goes on! Choose anything that resonates as adventurous 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