

sister i 



2002 seasonsguide

**The 2002 spring theme:  
words, letters and thoughts — gifts for the creative spirit**

The spring seasons guide takes us on a creative journey into the world of words, letters and thoughts. We'll make spring bookmarks, share writings that have inspired our creative journeys, immerse ourselves in letters and journals of creative thinkers and lounge at a bookstore with inspirational material.

**opening spring — get ready**

**workshop — spring bookmarks**

**creative inventory — our reading shelves**

**revisiting exercise — sharing our creative pursuits**

**reflective conversation — journals and letters**

**closing spring — lounging in books**

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](http://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 – spring bookmarks**

date:

**third meeting: creative inventory – our reading shelves**

date:

**fourth meeting: revisiting exercise – sharing our creative pursuits**

date:

**fifth meeting: reflective conversation – journals and letters**

date:

**sixth meeting: closing spring – lounging in books**

date:

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

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

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## opening spring— 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 materials needed for the workshop (CD player and camera!).

jewel box: opening spring — creative goals for the season

stepping stones for next meeting:

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closing: brief silent time

**Welcome to the opening of the spring 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 (mind, body, spirit)	affect on creative well-being	stepping stones
<b>Example:</b> spend 2 hours painting each week	time alone to express myself on the deepest level	Get baby sitter, clear out space for studio

stepping stones for my creative journey through the seasons include:

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

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### spring bookmarks (workshop)

opening: mission statement

silent time word: wisdom

intro sentence: My inspirational words for spring are...

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 — spring bookmarks

stepping stones for next meeting:

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closing: brief silent time

**The sister i workshop is designed to initiate creative 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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Spring is an active time! As we come out from our burrows and bask in the warmth of the sun, we fill our creative spirits with fresh ideas and energy. Spring bookmarks are gentle affirmations that invite our creative spirits to wake to all that spring offers. In the midst of all the action, be sure to carve out time to get lost in the pages of your most inspirational books. And although you are being silent and still, your bookmark will serve as a symbol of your reflection and journey forward to a more creative you.

#### some basic instruction:

Your bookmarks will be created with little notes of inspiration. Before you meet take some time to think of a word or message that conveys your creative intentions for spring. Also, collect odds and ends you'd like to incorporate into the making of your bookmark(s). Your home is certain to provide you with a variety of materials that express your personal reflections. Look around your surroundings and ask yourself, "what speaks to me?" — dried flowers, a piece of old velvet, a picture or a paint swatch are just a few ideas.

During the jewel box section of your meeting, make your spring bookmark by incorporating your treasures with items from your junk box (suggestions below). Use a gel pen or metallic marker to inscribe your note of inspiration that will motivate your creative intentions for spring.

junk box suggestions:

gold or silver pen

silk ribbon

music — decide who will bring a CD player

fabric

beads

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

decorative paper

buttons

glitter

nail polish

silk flowers

paper or fabric glue

fringe

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### creative inventory — our reading shelves

opening: mission statement

silent time word: sojourn

intro sentence: The first book I remember reading...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes: Who will present for revisiting exercise?

jewel box: creative inventory — our reading shelves

stepping stones for next meeting:

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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.**

**Within each of us lives an intrinsic reading shelf where our emotional and intellectual responses to all the things we have ever read are stored and assimilated. This vast library has molded and shaped our paths and surprises us with new thoughts and ideas to pursue our passions. The spring creative inventory questions will have you recalling the influences of your personal reading shelf and lead you to new insights and visions for living your creativity.**

spring creative inventory questions and topics:

Have you ever had a book magically fall into your lap and change your whole way of thinking ?

Do you tend to drift to other thoughts while reading or do you remain tightly focused on the subject?

Do you have special places where you like to read? Does the subject matter exemplify this? Where is your ideal place to read. As a child, where was your favorite place to read?

Have you ever read a novel where one of the character's lives parallels your own?

Do your reading habits change with the shifting of the seasons?

What type of books do you prefer?

Have you ever written anything you'd like to share?

What other questions involving this subject would you like to discuss?

List your creative inventory questions here:

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## revisiting exercise — sharing creative pursuits

opening: mission statement

silent time word: lucid

intro sentence: When I express myself in a large group I ...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes:

jewel box: revisiting exercise — sharing creative pursuits

stepping stones for next meeting:

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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 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 — journals and letters

opening: mission statement

silent time word: peruse

intro sentence: The last letter I wrote on paper...

stepping stones/synchronicities: share creative journeys and guiding influences

business notes: discuss materials for next meeting — closing spring

jewel box: reflective conversation — journals and letters

stepping stones for next meeting:

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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.**

In this season's reflective conversation, we'll visit the minds, thoughts and emotions of creative thinkers. Then we'll write a letter to ourselves and tuck it away to discover in the future. You'll need references to your topic (see suggestions below), writing materials, an envelope, and a gathering place. Choose a spot that will invite comfort and relaxation — a relaxing cafe, a cozy corner in someone's room or a nook in the wilderness!

### Discussion theme:

Your reflective conversation will focus on published letters and journals of someone who has left a creative mark on our world. As a group, choose and/or journals to discuss and compare. If you choose to cover an entire book then be sure to give yourselves ample time to read it before you meet.

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

### Exercise: A letter to your creative spirit

On a piece of paper, write a message to yourself in the future that defines your goals for your creative journey. You may choose to share the letter with the other women in your circle or you may keep it private. When you have finished your letter tear it into large puzzle size pieces, put the pieces in an envelope addressed to you and select a date to open it (a birthday, an anniversary or any other significant milestone).

Take it home and put it in a safe place.

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## reflective conversation — journals and letters (continued)

### suggested readings

The Journals of Anais Nin

The Unabridged Journals of Sylvia Plath, by Sylvia Plath, Karen V. Kukil

Paula Modersohn-Becker: The Letters and Journals, by Paula Modersohn-Becker

Spilling Open, by Sabrina Ward Harrison

Queen Victoria in Her Letters and Journals, by Christopher Hibbert

Letters, by Emily Dickenson

van Gogh — letters to his brother Theo

Beloved Prophet: The Love Letters of Kahlil Gibran and Mary Haskell and Her Private Journal, by Kahlil Gibran

The Journal of Eugene Delacroix: A Selection (Arts & Letters), by Eugene Delacroix

### other resources

Private Pages: Diaries of American Women 1830'S-1970's, by Penny Franklin

Letters of the Century: America 1900-1999, by Lisa Grunwald

800 Years of Women's Letters, by Olga Kenyon

A collection of women's letters, both real and fictional, divided into letters on friendship, marriage, childbirth, travel, work, war, and politics

From Daughters To Mothers: I've Always Meant To Tell You, by Constance Warloe

A collection of original letters, poems, essays, cartoons, and stories. More than 75 contemporary women authors speak to their mothers-- both living and deceased--with messages that come straight from the heart.

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## **lounging in books (closing spring)**

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 fall — lounging in books

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 creative 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 the next season.**

To close the spring season, let us gather in a bookstore with our words, letters and thoughts and explore our creative minds one step further. First, select a place to meet and set a time to wander and explore. Then find a cozy nook to share the books that caught your attention. After you've shared, splurge on yourself and purchase those books that speak to you. Perhaps you will want to start a sister i circle library. Each member purchases a book to circulate within the group in hopes of sparking a passion or curiosity that will enhance each circle members creative journey.

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)