

Agenda Meeting 5

A. 3:00 - 3:05 Sit (5 minutes)

B. 3:05 - 3:10 Move to Small Groups (5 Minutes)

C. 3:10 - 4:20 Mindful Sharing (70 minutes)

Instruction: Mindful sharing involves each participant sharing from personal experience. There is no discussion or cross-talk during this time period, only personal sharing.

Each person in the group can share 3-4 minutes on each question (gauge the time depending on the number of people in your group). Speak to whatever questions are most salient

- 1) Can you give an example of how you have used spiritual bypass to avoid your own pain around racism? Are we hoping for a life where we are free of pain?
- 2) Practice 1: using **lovingkindness and compassion** as a skillful response: As you reflect on your own narrative of race, what has come up for you? How has your cultivation of compassion affected your ability to stay with these reflections?
Practice 2: seeing “identity” as constantly arising from unfolding causes and conditions: In what ways has this series of readings/conversations allowed you to see both the power and the impermanence of your racial/cultural identity?
- 3) Please share anything else that you have learned or discovered through the material and your reflections this time.

D. 4:20 - 4:25 Sit (5 minutes)

E. 4:25 - 4:35 Group Reflection (10 minutes)

- a. Instruction: Group Reflection is like Mindful Sharing in that there is no discussion or cross-talk, however the focus is on what kind of experience the participants had during the meeting rather than on the content covered.
- b. Each person in the group can share 2-3 minutes about what it was like to participate in the group (gauge time based on number of people in the group)
PROMPT: What was it like to engage in *Mindful Sharing* today? How has this been for you so far

F. 4:35 - 4:40 Next Meeting (5 minutes)

- a. When will you meet next?
- b. Who will facilitate next?

G. 4:40 - 5:00 Move to Large Group Sit (5 minutes)