

## Meeting 6 Agenda

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

**B. 3:05 - 3:10 Move to Small Groups**

**C. 3:10 - 3:20 Writing (10 minutes)**

*“What am I taking away from the work we have done together?”*

A reminder of the themes we have covered:

1. Personal Experience with Race
2. Historical Racism
3. Historical / Institutional / Systemic Racism
4. Awakening to Whiteness
5. Applying Our Spiritual Practice
6. GOING FORTH

**D. 3:20 - 3:40 Mindful Sharing (20 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. Please divide the time according to the number in your group.*

Reflect on the work we have done together over the past 6 months.

- 1) What are you taking away from the work we have done together?
- 2) Take a moment to express gratitude to your small group

**E. 3:40 - 3:45 Sit (5 minutes)**

**F. 3:45 - 3:50 Return to Large Group - Arrange in one large circle**

**G. 3:50 - 4:50 (60 minutes)**

Truth Mandala Ritual - Originally created by Joanna Macy, and adapted by and for White Awake. This version of the Truth Mandala has been adapted so that it serves not grief, but the “going forth” spirit that animates a group at the end of the gathering. This version of the Truth Mandala honors **hope, action, and commitment**. Everyone sits in a circle. There is a stone, a stick, and a feather in the center. Each object in the center of the circle represents something we may want to express at this time. The stone represents commitment. The stick represents action. And the feather holds the space for hope. Each person is invited to step into the center of the circle, take one of these objects, and speak about **an action you may be wanting to take, a commitment you are wanting to make, or a sense of hope that has built up in you as a product of this group work**. If you have something to express which none of these objects represents, you are welcome to simply come to the center of the circle and speak. Likewise, you can come to the center and hold an object without speaking any words. You are free to take one turn, and time permitting, taking multiple turns.

**H. 4:50 - 5:00 Chant, and close**