

**IHM Chapter Direction
Exploration into
Spirituality**

**Dirección del Capítulo
IHM - Exploración de la
Espiritualidad**



SELF-ORGANIZING GROUPS

Introduction

In our preparation for Assembly and Chapter 2018, we began using “Self-Organizing Groups” (SOGs) as a way to connect with one another around questions, concerns and ideas central to our life with one another and in the world.

Self-Organizing Groups are designed to deepen awareness, to explore beliefs and assumptions, to acknowledge changes, to identify new insights and to listen deeply to what is stirring within our personal and communal consciousness.

We invite you to consider using Self-Organizing Groups again as we enter into this process of our Exploration into Spirituality emerging from the Chapter 2018 Direction.

Self-Organizing Group Process

Convener: Any sister and/or associate may choose to convene a Self-Organizing Group. The convener is responsible for inviting others. They lead the prayer and conversation.

Participants: For effective conversation, we recommend small groups of five-seven people. These may be people you know well or those you would like to get to know.

Time frame: While the length of the meeting may vary among groups, we suggest you plan on a timeframe of approximately two hours. Meet once or as often as you wish.

Setting: Self-Organizing Groups can be done face-to-face observing the current safety protocols for social distancing; using electronic technology; or a phone conference.

Suggested Outline:

- Prayer
- Introductions
- Hopes for the Conversation
- Reminder of the Shared Value of Contemplative Dialogue
- Exploration and Discussion
 - individual sharing
 - group listening and discussing
- Learnings

Suggestions for exploration and discussion

You will find many ideas for your Self-Organizing Group in the Guidebook under “Ways to Connect” and “Ways to Integrate.” There are also a number of reflection questions in the “Life Process Review” and

the PowerPoint and videos related to the “Reflections on Religion and Spirituality” piece. In addition, here are a few other suggestions.

- 1. Spend some time in contemplative “looking” at the image used for this process – “The Color Spiral” by Peggi Wolfe. How does it spark my imagination in terms of spirituality, relationship with God, relationship with others, understanding myself, etc.?**
- 2. How do I enter into an understanding of spirituality as “the experience of conscious involvement in the project of life-integration through self-transcendence towards the ultimate value one perceives?” What is my “ultimate value?” How do I experience it?**
- 3. How has my personal spirituality been enriched by others – individuals, events, world religions and various forms of spirituality?**
- 4. What would I name as distinctive themes of IHM Spirituality?**

Feedback

The Self-Organizing Group is for you and others to share and grow in our common experience of exploring spirituality. No feedback to the committee is needed unless you have an “aha” moment and would like to share.

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