

Fall Enrichment Program Overview



The Fall Enrichment Program is a 6-week small group experience designed to bring people together and help them grow in spiritual awareness through study, sharing, and connecting. We will meet virtually online in groups up to 10 people and dive into the book *The Five Invitations – Discovering What Death Can Teach Us About Living Fully* by Frank Ostaseski.

Weekly Participation Guide

We help each other when we participate with an open heart.

Center

I will center myself in divine consciousness in each group meeting and before engaging in the practices each week.

Fully Present

I will be fully present during each group meeting and participate with comments using “I” statements or with my full attention.

Participate

I will try those ideas and practices that seem right for me, inside and outside of our group time together.

Honor

I will honor the group and myself by resolving conflict when appropriate.

Encourage

I will support myself and every other person without

judgement; I will always be encouraging and refrain from giving unsolicited advice.

Visualize

I will visualize the highest and best for myself and every other person based on their expressed desires.

Trust

I will keep all that is said in the group in confidence.

Schedule

Our Fall Enrichment Program will begin the week of September 13. The Sunday Service Talk will be based on the reading and small-group study will follow at various times during the week.

Please be prepared for each week’s study by reading the indicated chapters and completing the questions on the study guide before the class.

Week 1: Kick-off

Introduction

Week 2: Don’t Wait

Chapters 1-4

Week 3: Welcome Everything, Push Away Nothing

Chapters 5-7

Week 4: Bring Your Whole Self to the Experience

Chapters 8-11

Week 5: Find a Place in the Middle of Things

Chapters 12-14

Week 6: Cultivate Don’t Know Mind

Chapters 15-16

Small Group Meeting Format

Here is a general guideline for each small group meeting. The timing may shift based on what is alive in the group.

Opening with a quiet moment/meditation/prayer/DailyWord	5 min
Check-in about last week's topic and how it shows up in your life	15 min
Group discussion of the current Invitation using the Study Guide	30 min
Review the assignment for the coming week	5 min
Closing prayer	5 min

Kick-off

What drew you to participate in this Fall Enrichment Program?

My intention for this group study is...

Frank writes, "The habits of our lives have a powerful momentum that propels us toward the moment of our death. The obvious question arises: What habits do we want to create?"

What habits do you want to consciously create during this group study?