Reconciliation Workshop – Introduction  5-21-12

1. Have participants gather in groups of four
2. Introduce selves by name and brief details
3. State briefly your feelings about being in this workshop
4. Comment briefly on what brought you to this workshop

Preparation

1. Group sits quietly with their eyes closed for a few minutes
2. Persons develop an awareness of their feelings, thoughts and a most hidden aspect of self
3. Individuals share a brief time of self-expression

Introductory Exercise – Image of Trinity

Sculptor places persons in statue-like positions. (Nerin, p. 73)

Following a brief space of meditative quiet, each role-player shares thoughts and feelings as they were experienced during their impersonation.

Directions for General Sculpting

1. You may volunteer for a role or observe
2. If you play a role, there is no acting required—be yourself in the role
3. When “sculpted” assume the posture of the role you are playing
4. You may be asked to share what you are experiencing in “role”
5. Speak in the first person, as though you were that person or role
6. Keep your sharing brief and speak about feelings, using “I” statements
7. At the end of the Sculpting, you will “de-role”, assuming your identity
8. Both role players and observers will have an opportunity to reflect and comment