

jubilee circles . . .



What are they, and why would I be interested?

Jubilee Circles — a new venture of the Pacific Jubilee Program in Spiritual Formation and Spiritual Direction (www.jubileeassociates.ca). *Lift-off is scheduled for January 2009.*

A Jubilee Circle will have from five to seven members. Members may or may not belong to a religious tradition, but all will see themselves as on a spiritual journey. Each Circle will work towards a balance between men and women in the group's membership, and try to cultivate in its meetings an ethos congruent with spiritual direction/





soulfriending/spiritual accompaniment. This means, among other things, that membership in a Circle is not a substitute for counseling or therapy.

Each meeting will include a time of silent meditation, a time of active spiritual practice/movement, and a time for the sharing of each others' lives as members decide. It will make available to members something of the value which full participants in the Jubilee Program have found in the Journey Groups which form part of the Year I curriculum.

The Circles will meet in members' homes or other convenient places for approximately two hours, at an interval chosen by the members— monthly, weekly, or otherwise. At the first meeting, members will covenant together about the duration of the group's life—six months (the minimum recommended) or longer. When the

time covenanted is approaching its end, members will evaluate how the Circle has worked for them. They may then decide either to bring the group to an end, or re-covenant for further time together.

So far as possible, graduates of the Jubilee Program will act as facilitators. Others who take an introductory facilitation workshop with the Jubilee Program may also facilitate a Jubilee Circle. All facilitators will be asked to take part at least once a year in a workshop for renewal, refocusing and mutual support.

Members can expect to find in a Jubilee Circle an opportunity for support on the spiritual journey, as well as for discernment and, from time to time, resistance to various aspects of our increasingly difficult culture. And really this is why we are offering this opportunity. Many in our time and place are looking for a group to belong to which

would be both intimate and disciplined—a small community of discernment, resistance and spiritual practice—and have been unable to find one in the religious institutions to which they belong. Our hope is that the Jubilee Circles will meet some of this desire and this need.

The Jubilee Program describes itself as contemplative, evocative, transformative, embodied and spacious. Are these not qualities that all of us want in our lives? Membership in a Jubilee Circle will give you an opportunity to look for ways to work with others in raising up these qualities in your day-to-day life.

If you are interested in being invited to a Jubilee Circle near you in the new year, send an email to Don Grayston, director of the Pacific Jubilee Program, at donald_grayston@sfu.ca

We look forward to hearing from you!