



Work Group Offering

From the Bylaws, “The Church of Conscious Harmony exists for the sole purpose of facilitating the spiritual journey for people who want to make God-devotion the center of their lives”. To this end, in addition to the regularly-scheduled core classes (e.g., Lessons in Truth, Simple Explanations of Work Ideas, new member classes, the Gospel & Work class, etc.), a new form of small group spiritual enrichment is encouraged. “Work groups,” are small (generally 7-12 people), self-directed, semester oriented and focused on a particular topic or practice related to the two foundations of the Church: the Christian contemplative tradition and the Work of Inner Christianity.

The aim of work groups is to provide participants with transforming spiritual enrichment, inspiring love of God and love of neighbor.

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Work Group Title: Holy Anger - Transmuting Destruction into Creation

Meeting day/time: Mondays 7-8:30pm

Duration: Sep 10-Nov 19

Purpose or specific aim of Work Group: Anger is a necessary stage of the process of forgiveness. The energy of anger can awaken us from numbness and sleep and move us toward healing. Yet we don't know how to acknowledge the anger without believing it, acting it out on others, getting stuck in it, getting sick from it, feeling guilt or shame, denying and repressing it. We cannot think our way out of anger. **Aim:** Using a Second-Line format, we will Self-Remember for one another as we engage prayer, various readings and practices in order to emerge from denial and feel the energy in our bodies while keeping our attention on God. **Wish:** We wish that the energy of anger might be transmuted so that it becomes creative, rather than destructive.

Sources for content: Readings from: Oneing: Anger*, David Hawkins, Maurice Nicoll, Gospel, Psalms and current events (both personal and global).

Sources for practice: Forgiveness Prayer; Welcoming Prayer; praying the Psalms; Work of Inner Christianity; Ho'oponopono; intercessory prayer.

Outline and timeline for study and/or practice:

The group is primarily for work on the side of Being. We will use the readings from Oneing as jumping off points for our own work.

Week One — Admitting we were hurt. Acknowledging anger. Wishing to forgive. Oneing, Introduction

Week Two — Contemplating Anger – Barbara Holmes

Week Three — The Virtue of Anger – Allen Dwight Callahan

Week Three — The Costly Loss of Lament – Walter Brueggemann

Week Three — Learning of Fire – Shirin McArthur interviews Sara Jolena Wolcott

Week Four — Saluting the Divinity in You – Josh Radnor

Week Five — Moral Outrage and the Stickiness of Anger and Disgust – Joan Halifax

Week Six — In Defense of Anger – Mark S. Burrows

Week Seven — Arthritis of the Spirit – Barbara Brown Taylor

Week Eight — The Role of Anger in Spiritual Work – Russ Hudson

Week Nine — The Second Sacred Gate: Grief, Anger, and Transformation – Mirabai Starr

Week Ten — Anger, Contemplation, and Action – Brian D. McLaren

Week Eleven — Closing the Octave

Prerequisites for participants: Two years in second-line group and Centering Prayer practice. Experience in Forgiveness Prayer and Welcoming Prayer a plus.

Facilitator's Name: Lauri Raymond

Additional comments or considerations: NOTE: This is not a therapy group; more than anything, it is a prayer group.

* This limited-print issue of The Center for Action and Contemplation journal, *Oneing*, features Richard Rohr, Barbara Brown Taylor, Walter Brueggemann, Joan Halifax, Barbara Holmes, Brian McLaren, Mirabai Starr, and others. From Richard Rohr's Introduction:

Even if you are angry, do not sin because of it. Never let the sun set on your anger or you will give the devil a foothold. —Ephesians 4:26

This oft-missed line in the New Testament shows real insight and almost modern psychological awareness. It is cleverly able to make a subtle distinction between having a feeling and being controlled by that feeling. Necessary and helpful emotions are very different than *personal identification* with those same emotions. Only the latter is seen as a problem, or a “foothold” for evil.

Emotions do not just go away. They must be felt, their honest message must be heard, and only then can we release ourselves from their fascination over us...