

Sacred Object: Learning Circle Activity

Part 1:

1. To begin, set the space by taking a few moments of silence with your group. Then ask everyone to mentally reflect, what does the word 'sacred' mean? What is sacred to me in my life?
2. Next, in a "go around the circle" or "popcorn" style of discussion, ask to hear from everyone what they thought of in response to the above questions. Implement a time limit for each person if need be. Really allow the idea and concept of sacredness begin to take form and shape as everyone shares and discusses it.
3. After this introductory discussion, ask everyone in the group to go home and find one sacred object that they can bring to the circle next week. Also, ask that if they can come ready to share why that object is sacred to them.

Part 2:

5. For the following week, ask your group how they would like to share their sacred objects. Perhaps they would like to put them all in the center of the room or maybe they want to place their object in front of them, whichever way works for the group, display the sacred objects.
6. Then, go around the circle and hear from everyone about why this object is sacred to them.
7. Now, go around the circle a second time to deepen the sharing and ask to hear one piece of feedback from each person regarding some new insight or perspective they have gained about someone in the group because of their sacred object.
8. Take a moment of silence to close this activity and thank everyone for participating.

