



Tell All the Truth but Tell It Slant by Emily Dickinson

Tell all the truth but tell it slant —
Success in Circuit lies
Too bright for our infirm Delight
The Truth's superb surprise
As Lightning to the Children eased
With explanation kind
The Truth must dazzle gradually
Or every man be blind —



Two ways you might enter this activity:

1. Open to whatever emerges in the interaction with the third thing
2. To consider a challenge, question, issue that is meaningful to you and invite third thing to help explore that in a different way

Questions to Consider:

- What feelings, emotions, does this evoke for me?
- What does this have to teach/offer/challenge me?
- What questions does this bring up for me?



We will offer 5 third thinging activities:

- Object in Home
- Visual Explorer
- Writing: Clarissa Pinkola Estes: Letter to a Young Activist in Dark Times
- Song: Lizz Wright's "Salt"
- Natural World: A tree, other plants, rocks, etc.



Third Thinging Timing

5 minutes or less

Choose third thing-whatever speaks to you

15 minutes

Engage/experience third thing and capture reflections (writing, art, other expression)

-Break at some point-

10:30am ET

Join everyone back in the main room

Peer Learning Circles

PLC Group 1 with Kirstin:
Thursdays, May 11 & June 1
8pm-10:30pm ET

Kathleen Forrester
Kesha Lee
Okie Nwakanma
Tera Gorman
Victoria Walchak

PLC Group 2 with Mike:
Fridays, May 12 & June 9
1pm-3:30pm ET

Maggie Chumbley
Michelle Bodle
Sibongile Musundwa
Tamar Kagan
Thomas Dean
Victoria Scott

PLC Group 3 with Mike:
Saturdays, May 13 & June 3
9am-11:30am ET

Honor Moorman
Karen Wagner
Lauren Arrington
Shirley Giroux
Troy Brunke

PLC Group 4 with Mike:
Sundays, May 14 & June 11
10am-12:30pm ET

Laurie Hofman
Loretta Staples
Lucia Eitzen
Saiyyidah Zaidi
Siat Yeow Kok

PLC Group 5 with Veta:
Mondays, May 15 & June 5
11am-1:30pm ET

Anusuya Rangarajan
Brandon Zicha
David Dill
Jacob Tonski
Paul Johnson

PLC Group 6 with Taylor:
Mondays, May 15 & June 5
6pm-8:30pm ET

Lucy Macgregor
Michael Zalar
Michelle Scott-Huffman
Stephanie Call
Will Forsythe

PLC Group 7 with Kirstin:
Fridays, May 19 & June 16
11am-1:30pm ET

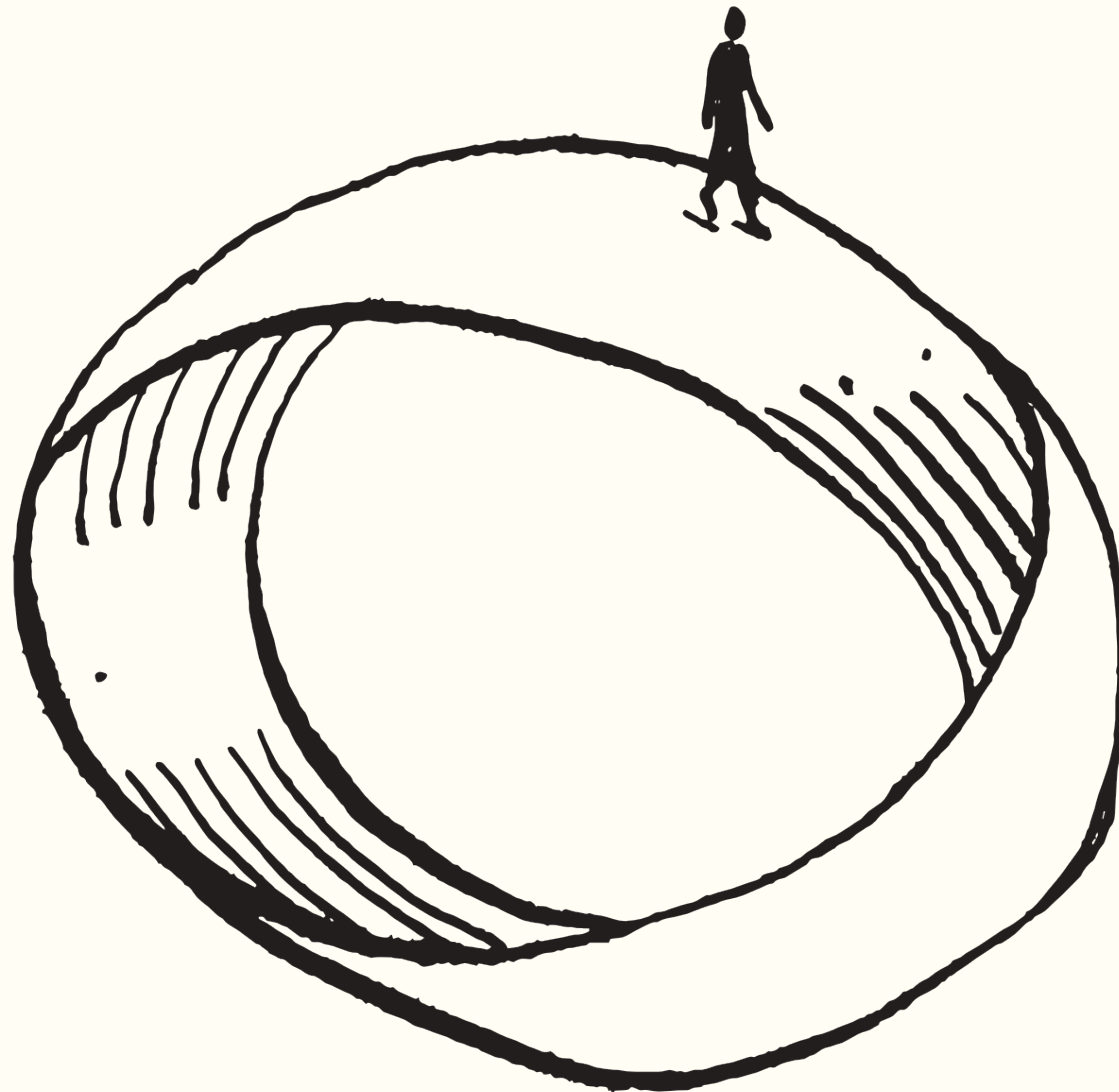
Brian Donnelly
Hanne De Jaegher
Liz Norell
Marie Glaser
Sarah Merchant

PLC Group 8 with Veta:
Mondays, May 22 & June 19
10am-12:30pm ET

Amy Hoogervorst
Charlotte Lohrenz
Jane Blackall
Lisa Rhodes
Susan Hagstrom
Violet Stone

“All of the great spiritual traditions want to awaken us to the fact that we co-create the reality in which we live. And all of them ask two questions intended to help keep us awake: What are we sending from within ourselves out into the world, and what impact is it having ‘out there’? What is the world sending back at us, and what impact is it having ‘in here’? We are continually engaged in the evolution of self and world – and we have the power to choose, moment by moment, between that which gives life and that which deals death. We can survive, and even thrive, amid the complexities of adulthood by deepening our awareness of the endless inner-outer exchanges that shape us and our world and of the power we have to make choices about them. If we are to do so, we need space within us and between us that welcome the wisdom of the true self – which knows how to negotiate life on the Möbius strip with agility and grace.”

– Parker J. Palmer, from *A Hidden Wholeness*





We invite you to consider the strip as a reflection of your life's journey.

We invite you to add a description/ art (images, colours, words, symbols) of how you would describe your inner life on one side, and your outer life on the other.

Letter to Myself

- Invitation to create a letter to yourself based on what's arising in you; identify significant learnings for the time together; feelings you want to hold on to or let go of; things you wish to recall; people you connected with; etc.
- Send to Taylor (taylor@couragerenewal.org) as an attachment with the subject line "Letter to Self"
- These emails will go directly into a separate folder and be forwarded back to you at a time in the future. These emails will remain unopened until the time comes to send them back to you.

