

[Your Group's Name!]

Guardian Order

Date: Guardian

**Me & White Supremacy:
Working Group
Meeting Format**

Welcome (3 minutes)

Guardian of the Meeting gathers us together with a thought, song, poem, silence, etc

Reminder of our intentions:

To learn and grow by engaging our white supremacy

Confidentiality

Compassion and support

Speaking intention, giving attention, tending to the well-being of the group

Remembering that we really like not interrupting and how that feels!

Commitment to gently call in our growing edges / when something feels off

Guardian watches our process, and we can all call for a pause

Check-In (2 to 3 min each)

Each person shares a brief story or experience with the week's material

Silent pause between each person for honoring/soaking it in

Silence & Writing (5 minutes)

Time to write or sit with the end of the week prompt from the book

Or write/sit with what you want to share with the group today

Sharing

Each person talks with the group about what feels meaningful to them

What came out of your journaling or writing

Something juicy that happened this week

Something you want help with from the group, or want to say aloud. Aim for every person to have time to speak, yet conscious that sharing will ebb & flow

Guardian helps keep us in our practice, not just reminiscing, wandering, etc. Remembering to allow natural closure of sharing, not interrupting. Honoring the value of witnessing rather than solving or fixing.

Process check-up (15 minutes to wind-down)

Group asks how it went this week & during this session.

What worked? What could improve? Do we want to try another style? How was the homework load during the week? Do we want to change the pace? Reminder of who will be the guardian and scribe next week?

Closing (5 min)

A moment of silence

Each person shares a take-away/aha/treasure from the gathering

Guardian closes the circle with a thought, song, poem, silence, etc.

Calendar and Order of Guardians (Scribe is the last week's Guardian)

[illegible]