



YOU WILL NEED:

- Some rocks at the center of the circle (the amount of rocks should be the same number as the number of participants)
- A large bowl
- A pitcher half filled with water

SCRIPT

Before we begin, let us do a highs and lows check in: I invite you to pick a rock from the pile of rocks in the center of our circle.

(Let participants pick their rock and go back to their places in the circle)

Then hold the rock for a few moments in your hand and notice how the rock is hard, heavy, and feels rough. With you noticing what it feels like to have the rock in your hand, I invite you to notice moments today or this past week that feel heavy, hard, or rough. There might be many, but think of one moment that stands out the most.

(Pause for a few moments of silence)

Then now, I invite you to look back at your day today, or this past week, and notice a high moment: these are moments when you have experienced joy, maybe love, or perhaps peace. I invite you to notice those moments in your day today, or this past week, even if it's very fleeting. Even you caught just a glimpse of it. Again, think of a moment that stands out the most.

(Pause for a few moments of silence)

I will pass the bowl around, and when the bowl comes to you, I invite you to put your rock into the bowl, and then share 1. your moment that was hard, heavy, or rough, and 2. your moment when you felt love, joy or peace. If you do not want to say your low and high moments, that's OK. Just put your rock into the bowl, and then pass the bowl to the next person.

I'll begin: a moment that was rough and heavy this past week was when

And a moment this past week when I felt joy and peace was when

(Put your rock into the bowl, and then pass the bowl to the next person)

(When the bowl with rocks comes full circle and returns back to the facilitator, touch the bowl with your left hand and say...)

So these rocks remind us that everyone has things in life that feel hard, or heavy, or rough...like a rock.

(Pick up the pitcher with water, start pouring the water into the bowl, and say...)

And at the same time, this water reminds us that— over and around and even through the hard and rough things in life—grace and love is endlessly poured over us.

(Ring the bell 3X...30 seconds of silence...ring the chime to end the silence).