

Learning More About All Saints Women's Spirituality Circle



What is a Circle?

A Circle is more than a meeting. It is a way of gathering that encourages thoughtful conversation, deep listening, reflection, and shared responsibility. Rather than focusing on discussion or debate, Circle creates a space where every voice can be heard and every person is invited to participate with respect and intention. Over the past ten years, our Circle has learned that trust and meaningful relationships do not happen by accident. They develop through shared practices, consistency, and a commitment to one another.

The Women's Spirituality Circle at All Saints began in 2016 by a small group of women seeking a deeper way of being together. For more than ten years, this Circle group met twice a month. While topics have changed and members have come and gone, our commitment to thoughtful listening, shared leadership, and spiritual growth has remained constant. For ten years, the Circle has been a place for women to reflect, listen deeply, and explore what gives life meaning and purpose. During the summer gatherings, the Circle is open and invites women over 18 to learn about the Circle's history, principles, and practices and experience this way of gathering firsthand.

What is Spirituality?

We understand spirituality as the lifelong search for meaning, purpose, connection, and wisdom. For some members, spirituality is deeply rooted in the Christian tradition. Others draw from different faith traditions or simply seek a deeper awareness of themselves, others, and the sacred in everyday life. We are less concerned with having the same beliefs than with cultivating openness, respect, curiosity, and compassion. Because of this diversity, topics for discussion have included Religion of Childhood, Aging, Clutter, Anger, Anti-racism, Hope, Haiku, Prayer Flags, Celtic Spirituality, Artificial Intelligence, Women in the Bible, and many more diverse and inclusive ideas.

When Do You Meet?

The Women's Spirituality Circle normally meets on the second and fourth Mondays of each month from 4:00–5:30 p.m. at All Saints Episcopal Church. During the summer, our gatherings are open to any woman who would like to experience Circle and learn about its principles and practices. This year the Circle is open from July through August.

What Do You Do?

Each gathering follows a simple but intentional format. While topics vary, meetings typically include:

- ◆ Personal reflection and conversation
- ◆ The facilitator guides a discussion on a meaningful topic.
- ◆ Deep listening without interruption or advice
- ◆ Share Life Stories
- ◆ A closing reflection

What Does the Circle Offer Its Members?

Many members describe the Circle as a place where they experience:

- ◆ A sense of belonging
- ◆ Deep listening
- ◆ Meaningful conversation
- ◆ Spiritual reflection
- ◆ Personal growth
- ◆ Friendship and mutual support
- ◆ Opportunities for leadership and service

- A place to slow down and reflect amid the busyness of everyday lifeA period of silence or reflection

How Members Sustain the Circle

Over ten years, we have learned that the qualities people most value in the Circle—trust, deep conversation, belonging, friendship, and spiritual companionship—are not created by chance. They grow from a set of shared principles and practices that every member helps sustain. These practices are never finished. They are the foundation that has enabled our Circle to flourish for more than ten years. The strength of the Circle depends on the participation and stewardship of all its members.

Being part of the Circle is both an opportunity and a responsibility. Members help sustain the Circle by:

- Speaking honestly with intention rather than reacting.
- Listening with attention and without judgment.
- Respecting confidentiality so personal stories remain safe.
- Honoring silence as an important part of reflection.
- Sharing leadership by taking turns facilitating meetings.
- Participating faithfully and supporting one another.
- Accepting responsibility for the health of the Circle, not just our own experience.
- Attending every meeting (There are exceptions but Circle is a priority in members' lives)

How Can I Learn More?

The best way to learn about the Women's Spirituality Circle is simply to attend one of our summer open gatherings. You are welcome to experience the Circle, ask questions, and learn about the principles and practices that have sustained this community for more than ten years.

For additional information, please contact the church office or speak with a member of the Women's Spirituality Circle.

Paula, Nancy, Maureen, Roisin, Jean, Glen, Suzanne, Kaye, Joan, Hilary, Sue, Etta, Carole