




# Moving Forward Lessons Learned from COVID19

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AiAMC National Conference

March 25, 2021

1:45 – 3:30 pm



*We are creatures made, again and again,  
by what would break us. Yet only if we open  
to the fullness of the reality of what goes wrong  
for us, and walk ourselves with and through it,  
are we able to integrate it into a new kind of wholeness  
on the other side.*

*Krista Tippett*





If we are willing to embrace the challenge of becoming whole we need trustworthy relationships to sustain us, tenacious communities of support to sustain the journey toward an undivided life – a rare, but real form of community called a circle of trust.

Parker J Palmer

# Touchstones

- ▶ Give and receive welcome
- ▶ Be present as fully as possible
- ▶ What is offered in the circle is by invitation, not demand
- ▶ Speak your truth in ways that respect other people's truth
- ▶ No fixing, no saving, no advising, no correcting each other


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- ▶ Learn to respond to others with honest, open questions
  - ▶ When the going gets rough, turn to wonder
  - ▶ Attend to your own inner teacher
  - ▶ Trust and learn from the silence

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- ▶ Observe deep confidentiality
  - ▶ Know that it's possible to leave the circle with whatever it was that you needed when you arrived, and that the seeds planted here can keep growing in the days ahead



Question for Check In:

What does your heart want to say as we begin our  
time together?



In the midst of hate, I found there was, within me, an invincible love.  
In the midst of tears, I found there was within me, an invincible calm. I  
realized through it all, that in the midst of winter, I found there was  
within me, an invincible spring.

Albert Camus



## A Celebration Blessing

Now is the time to free the heart.  
Let all intentions and worries stop,  
Free the joy inside the self,  
Awaken to the wonder  
of your life.

Open your eyes and see the friends  
Whose hearts recognize your face as kin,  
Those whose kindness watchful and near,  
Encourages you to live everything here.

See the gifts the years have given,  
Things your effort could never earn,  
The health to enjoy who you want to be  
And the mind to mirror mystery.

John O'Donohue

## Questions for Reflection

- ▶ What might it mean to free your heart from intentions and worries?
- ▶ How would you name the gifts in your life that the years, that *this year*, has given?
- ▶ How have you held these gifts close in the uncertainties, losses and challenges of this time?
- ▶ What wisdom do you carry forward from these reflections?

## A Note To Yourself

In your smart phone go to June 25, 2021 and put in the calendar the one or two things that you want remember from this time--the words you wrote to yourself or spoke aloud in your group. Then on June 25th you'll discover the wisdom from your younger, wiser self!

## You Reading This, Be Ready

Starting here, what do you want to remember?  
How the sunlight creeps along a shining floor?  
What scent of old wood hovers, what softened  
sound from outside fills the air?

Will you ever bring a better gift for the world  
than the breathing respect that you carry  
wherever you go right now? Are you waiting  
for time to show you some better thoughts?

When you turn around, starting here, lift this  
new glimpse that you found; carry into evening  
all that you want from this day. The interval you spent  
reading or hearing this, keep it for life-

What can anyone give you greater than now,  
starting here, right in this room, when you turn around?

--William Stafford