



N.E.W. – Circle Meeting Format

🔗 Welcome & Self-introductions: Each woman says her name and why she has come.

🔗 Opening Ritual: The leader lights a candle or sounds a bell, or drum, etc, and leads the group in an opening moment of silence and centering.

Suggestion: Ask participants to take three deep breaths, close their eyes, and imagine Light filling each person, and the whole room. After a few moments of silence, invite them to open their eyes.

🔗 Reading of the Purpose and Vision, Nine Agreements, and Nine Questions:

The leader reads a copy of the Purpose and Vision for N.E.W., the Nine Agreements for circle process, and the Nine Questions. Or, the leader and participants take turns reading them out loud. (Questions and comments about these are welcome after the meeting is over.)

The Purpose and Vision for N.E.W.

The purpose of the Network to Empower Women is to create and develop a circle process to link women and resources on the Internet in a way that enables the empowering of women everywhere.

Power is understood as the ability to help people and all of life flourish. It has nothing to do with domination or control. It does have to do with the ability to create, choose, and act for the flourishing of oneself and all creation.

Women need to be able to use their innate power for this purpose. Women and men need to fly together in every arena of society, so that humanity can finally become like a bird that is flying because it is using both wings. Women's gifts and wisdom are desperately needed if the world is to have a flourishing future.

The vision for N.E.W. is a worldwide network of circles that intentionally empower women, meeting in as many places as possible, linked with the many other resources and organizations already empowering women.

The Nine Agreements for NEW Circles


1. We meet in a circle with a Center which symbolizes the Wisdom within and among us.
2. We all listen as each one speaks in turn, using a symbolic object. We do not interrupt, cross-talk, or give advice during the meeting.
3. We honor and respect the confidentiality of what is spoken in the circle.
4. We honor each one's contribution, listen without judgment, and support each other in a loving manner.
5. We all take responsibility for the process of the group, honoring time constraints and the agreements that guide the circle. Leadership is shared and rotated.
6. We exercise our personal right to refrain from any activity that violates our boundaries.
7. We all rely on the Wisdom of the circle's center and in each of us. The circle is like a wheel with each person connected to the hub at the center. To remain centered, we observe a brief silence between each woman's reflections, and at any time during the meeting someone asks for it.
8. In between meetings, we connect with each other in order to help one another continue to explore the questions of the N.E.W. process, and offer support as needed. We especially reach out to those who are new to the circle meetings and process.
9. We want to reach out to as many women as possible in order to accomplish the vision of N.E.W. Therefore, we meet in a public location, safe, free of interruption, and open to any woman who wishes to attend.

- We may collect a small fee at the meeting to defray any expenses.
- The time frame can be as short as an hour once a week, or a couple of hours once or twice a month.
- We cover one of the Questions at each meeting, and repeat the cycle of Nine Questions as often as desired.
- Ideally, there are NEW circles meeting in many places at many times so that a woman can always find one when she wants it.


The Nine Question Process (Participants may choose one or more parts of a multi-part question.)

1. What am I grateful to have survived? Accomplished? Who or what has empowered me in my life so far?
2. What damaging, false beliefs about myself and/or women do I want to release?
What healing, helpful beliefs do I want to affirm and live?
3. How have I found and followed my own Inner Authority?
How will I continue to do so?
4. What are the spiritual practices and resources that empower me?
5. What obstacles to using my innate power as a woman have I/we encountered? What are some strategies for dealing with them?
How do I stop giving away my power?
6. What can I imagine, and what do I want for my flourishing
and the flourishing of all?
7. What concrete actions could I/we take to manifest what I/we want?
8. How can I live with greater connection and support with women and girls
in my circles, community, and the world?
9. Free choice

(Note: Each question has its own suggested rituals for opening and closing the meeting. These may be found in the book ***THE FUTURE FOR WO/MEN***. Of course, circle members may create their own opening and closing, using this format as a model.)

 **Exploring Question One:** *What am I grateful to have survived? Accomplished? Who or what has empowered me in my life so far?*

A talking object, such as a stone, stick, feather, etc. is passed from woman to woman as each one speaks. While holding the object, each woman has an opportunity to reflect upon Question One. When she is done, she puts a stone in the center of the circle honoring someone who has empowered her. After all have shared, an opportunity is given, if there is time, for those who have not spoken or wish to say something more, to do so.

 **Closing ritual:** This can be a song, a prayer, a moment of silence, etc.

Suggestion: The leader invites the women to stand together in a circle. She takes a stone and passes it around the circle, asking each woman to hold it in her hand and put the warmth of blessing energy into it. Then she passes the stone to the next woman, who receives its blessing energy as she holds it, adds her own to it, and passes it on, until it has gone around the circle. The leader recites a blessing she chooses for the occasion. Each woman is then invited to take a stone from the table at the Center home with her and put it in a place that will remind her of the blessing and support of the circle.

Someone volunteers to lead the next circle meeting. All are encouraged to take a few moments before leaving to pair up and arrange for a way to connect with each other between meetings.