

Rest

Week 1- pass a basket with items asking them to pick something and tell a story from their life that goes with what they've picked

Week 2- The word for week 2 is solitude. Each woman should prepare by considering, experiencing, and reflecting on solitude. Where does the word fit or not fit in their lives? What stories are provoked by that word?

Week 3- Using the Degas Painting What do you see? What feeling does this sketch provoke for you? (You may choose to withhold the painting's name until the week of discussion).

Week 4- Describe rest. What does it feel like and look like for you? What does it smell and taste like? What or who has to be present (or absent) for it to exist for you?

Week 5- Every woman draws a word this week and can talk about where in their life they feel what is on the paper. The words will be: heard, free, honored, quiet, embraced, safe.

Week 6- Tell a story from your life where you chose to rest.



“Two Dancers Resting” Degas