

# **Christian Resurgence Circle Manual II**

## **A Suggested Order of Nurture for an Every-Week Circle of Christian Resurgence**

Light Three Candles while singing a verse of a song

### **Owning Up to Reality**

Five Minutes of Silence

Sing

Spirit-Question Go-Round

Absolution

### **Opening the Mouth of the Infinite Silence**

Translate into contemporary metaphors a portion of the Bible  
and respond to some grounding questions.

### **Dedicating to Spirit Action on Planet Earth**

Study appropriate selections of current ethical thought.

Intercessory Prayers.

Extinguish the Candles while singing a verse of song

*Do appropriate business and catching up with each other following  
rather than preceding the order of nurture.*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 1

*Candle Lighting*

*Song: Ascription p. 20 (verse 2)*

## **Owning Up to Reality**

*Silence - Context: What is happening right now? Identify the raw data of this moment and bathe this moment with attention. Letting go, letting the moment proceed on its own as we simply give our attention. (Sit for 3-5 minutes.)*

*Songs: Burdens Down p. 16  
Just a Closer Walk p. 16*

*Spirit-Question Go-Round: What burdensome aspect of your life have you laid down -- or would you like to lay down?*

*Absolution: The truth is our burdens are already down. We simply have to stop holding them up. Our forgiveness is the permission to let go.*

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding: Book of Mark 4: 3-25 sowing seeds of truth*

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs by Stephen Batchelor -- Awakening*

*Intercessory Prayers: Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----*

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 2

*Candle Lighting*

*Song: Ascription p. 20 (verse 2)*

## **Owning Up to Reality**

*Silence - Context:* There is nothing particularly unusual or mystical about meditating or being mindful. All it involves is paying attention to your experience from moment to moment. The present moment, whenever it is recognized and honored, reveals a very special power; it is the only time that any of us ever has. (Sit for 3-5 minutes.)

*Songs: The Single Mind p. 27*

*All Out p. 22*

*Spirit-Question Go-Round:* What “moldy virtues” are you throwing off these days?

*Absolution:* That which we cling to as a virtue actually inhibits our true being.

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding:* Mark 4: 26-41 **harvest, commanding wind and sea**

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs* by Stephen Batchelor -- Agnosticism

*Intercessory Prayers:* Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 3

*Candle Lighting*

*Song: Ascription p. 20 (verse 2)*

## **Owning Up to Reality**

*Silence - Context: Why rush through some moments to get to other “better” ones? After all, each one is your life in that moment. We don’t have to fill up our moments with activity and with more thinking in order for them to be rich. Quite the opposite is true. Simply be completely open to each moment, accepting it in its fullness, knowing that things can only unfold in their own time. (Sit for 3-5 minutes.)*

*Songs: Mystery p. 31*

*Strange Gladness p. 33*

*Spirit-Question Go-Round: Pick a line of the song “Mystery” that expresses your recent experience and explain how.*

*Absolution: Our woundedness is our life, our crippledness our dance.*

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding: Mark 5:1-20 **man with a legion of demons***

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs by Stephen Batchelor -- Anguish*

*Intercessory Prayers: Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----*

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 4

*Candle Lighting*

*Song: Ascription p. 20 (verse 2)*

## **Owning Up to Reality**

*Silence - Context:* In practicing mindfulness, you are practicing taking responsibility for being yourself and learning to listen to and trust your own being. The more you cultivate this trust in your own being, the easier you will find it will be to trust other people more and to see their basic goodness as well. So just now, tune in to your body. Listen to what it is telling you this moment. (Sit for 3-5 minutes.)

*Songs: All the Good People p. 56*

*All My Loving p. 45*

*Spirit-Question Go-Round:* Who or what are you thanking your stars for?

*Absolution:* Those we are thankful for, those we hate -- all aspects of our lives are given to us -- are love for us.

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding:* Mark 5: 21-43 **a 12-year old sickness & a 12-year old dead daughter who is only sleeping**

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs* by Stephen Batchelor -- Death, Rebirth

*Intercessory Prayers:* Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 5

*Candle Lighting*

*Song: Ascription p. 20 (verse 2)*

## **Owning Up to Reality**

*Silence - Context: Allow yourself to try less and be more. If you are tense, just pay attention to the tension. If you are in pain, then be with the pain as best you can. If you are criticizing yourself, then observe the activity of the judging mind. Just watch -- allowing everything that we experience from moment to moment to be here, because it already is. (Sit for 3-5 minutes.)*

*Songs: New Resurgence of the Earth p. 30  
We Are One p. 53*

*Spirit-Question Go-Round: How are you experiencing a new sense of connection to the Earth these days?*

*Absolution: Our flight from being animal bodies is finally not achievable. The Earth always holds us and loves us as her own.*

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding: Mark 6:1-13 teaching rejection and acceptance*

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs by Stephen Batchelor -- Resolve, Integrity*

*Intercessory Prayers: Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----*

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 6

*Candle Lighting*

*Song: Ascription p. 20 (verse 2)*

## **Owning Up to Reality**

*Silence - Context:* When the wind is blowing, the surface of the ocean is choppy, just as the mind tends to be reactive and agitated when the outside environment is not calm and peaceful. If you go down 10 or 20 feet in the ocean, there is only a gentle swelling even when the surface is agitated. Similarly when we focus on our breathing in the belly we can tune in to a region of our body that is below the agitations of our thinking mind and is intrinsically calmer. Let the breath be your anchor as we rest in silence. (Sit for 3-5 minutes.)

*Songs: Nevertheless p. 43*

*On the Street Where You Live p. 42*

*Spirit-Question Go-Round:* When recently were you aware that you wanted to be nowhere but just where you are?

*Absolution:* Our lives, just as they are, are our good lives, are a precious gift.

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding:* Mark 6:14-44 **Herod's guilt, resurrection and food**

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs by Stephen Batchelor -- Friendship*

*Intercessory Prayers:* Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 7

*Candle Lighting*

*Song: Ascription p. 20 (verse 2)*

## **Owning Up to Reality**

*Silence - Context:* Just watching the breath come and go the mind eventually becomes calmer and more relaxed, and mindfulness becomes stronger. Just effortlessly relaxing into the stillness of being, accepting each moment as it unfolds. You are returning to your own wholeness, to your intrinsic balance of mind and body. (Sit for 3-5 minutes.)

*Songs: Joshua Fit the Battle p. 13*

*Lead Kindly Light p. 4*

*Spirit-Question Go-Round:* When have you recently felt the need to be led or when have you sensed you somehow were being led?

*Absolution:* The darkness as well as the light expresses the love of the Infinite for us. Without seeing we can still trust.

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding:* Mark 6:45-56 **Praying, walking on water, & work**

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs by Stephen Batchelor -- Awareness*

*Intercessory Prayers:* Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*



Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 8

*Candle Lighting*

*Song: Ascription p. 20 (verse 2)*

## **Owning Up to Reality**

*Silence - Context:* Be mindful as you breathe in and as you breathe out. Breath is the bridge which connects life to consciousness. Breath is the tool which can prevent dispersion of mind so that we can live each minute of life. (Sit for 3-5 minutes.)

*Songs: Balm in Gilead p. 11*  
*Choosing p. 22*

*Spirit-Question Go-Round:* Pick one of the 5 verses of this song (Choosing) that best expresses your prayer of petition. Say how you relate to that verse.

*Absolution:* Discovering and acknowledging our longings opens us to receive what we need.

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding:* Mark 7:1-23 **tradition & God's commandment**

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs, by Stephen Batchelor -- Becoming*

*Intercessory Prayers:* Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 9

*Candle Lighting*

Song: Take Time in Life p. 54

## **Owning Up to Reality**

*Silence - Context:* As we sit here becoming aware of breathing, for these moments, don't try to change anything at all. Just breathe and let be. Give yourself permission to allow this moment to be exactly as it is, and allow yourself to be exactly as you are. (Sit for 3-5 minutes.)

Songs: New World Now p. 24  
We p. 36

*Spirit-Question Go-Round:* How are you experiencing your connection to the web of life these days?

*Absolution:* We always live in wonder.

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding:* Mark 7:24-37 healing a Greek & a deaf Israelite

## **Dedicating to Spirit Action on Planet Earth**

*Study:* *Buddhism Without Beliefs*, by Stephen Batchelor -- Emptiness

*Intercessory Prayers:* Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 10

*Candle Lighting*

*Song: Take Time in Life p. 54*

## **Owning Up to Reality**

*Silence - Context:* Bringing awareness to our breathing, we remind ourselves that we are here now, so we might as well be fully awake for what is already happening. Staying with one full in breath as it comes in, one full out breath as it goes out, keeping your mind open and free for just this moment, just this breath. Just keep returning to the breath when the mind wanders, stringing moments of mindfulness together, breath by breath. (Sit for 3-5 minutes.)

*Songs: Those Who Wait p. 26*  
*Winds of Change p. 32*

*Spirit-Question Go-Round: What risky deed is calling to you?*

*Absolution: Your past deeds are accepted. Your future is open for your next step.*

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding: Mark 8:1-13 feeding & proof of authority*

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs, by Stephen Batchelor -- Compassion*

*Intercessory Prayers: Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----*

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 11

*Candle Lighting*

*Song: Take Time in Life p. 54*

## **Owning Up to Reality**

*Silence - Context: As you attend the gentle flow of your own breathing, notice the pull of the mind to get on to something else, to want to fill up your time or change what is happening. Try to sit patiently with the breath and with a keen awareness of what is unfolding in each moment, allowing it to unfold as it will, without imposing anything on it . . . just watching, just breathing . . . embodying stillness, becoming patience. (Sit for 3-5 minutes.)*

*Songs: I Don't Know Why p. 43*  
*All Life is Open p. 36*

*Spirit-Question Go-Round: Pick a line in the song (All Life is Open) that expresses your experience. Say how it is relevant to you.*

*Absolution: There is nothing wrong with you. You have nothing to worry about.*

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding: Mark 8:14-26 mysterious bread & blind man sees*

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs, by Stephen Batchelor -- Freedom*

*Intercessory Prayers: Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----*

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 12

*Candle Lighting*

*Song: Take Time in Life p. 54*

## **Owning Up to Reality**

*Silence - Context:* Let us experiment with trusting the present moment, accepting whatever we feel or think in this moment because it is what is present now. If we can take a stand here we may find that this very moment is worthy of our trust. From such experiments, conducted over and over again, may come a new sense that somewhere deep within us resides a profoundly healthy and trustworthy core, and that our intuitions, as deep resonances of the actuality of the present moment, are worthy of our trust. (Sit for 3-5 minutes.)

*Songs: River of Life p. 14*

*It's A Grand Night p. 39*

*Spirit-Question Go-Round:* What about your life makes you want to sing and shout?

*Absolution:* Happiness and gratitude is our natural state.

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding:* Mark 8:27-37 **Peter's fuzzy vision**

## **Dedicating to Spirit Action on Planet Earth**

*Study: Buddhism Without Beliefs, by Stephen Batchelor -- Imagination*

*Intercessory Prayers:* Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*

Order for  
**Weekly Circle**  
of Christian Resurgence  
Week 13

*Candle Lighting*

Song: Take Time in Life p. 54

## **Owning Up to Reality**

*Silence - Context:* Allow your posture to be erect but not stiff. Think of yourself as a mountain. Watching the moments unfold with no agenda other than to be fully present. Use the breath as an anchor to tether your attention to the present moment. Your thinking mind will drift here and there until, at some point, the anchor line grows taut and brings you back. This may happen a lot. Just bring your attention back to the breath every time it wanders. Allow yourself to rest in just being. (Sit for 3-5 minutes.)

Songs: We Are A Circle p. 55

My Roots Go Down p. 54

*Spirit-Question Go-Round:* If your life were a book, what would you call it today? What would you entitle the chapter you are in right now?

*Absolution:* Your journey is uniquely yours, the path your own. All you need do is to accept your uniqueness.

## **Opening the Mouth of the Infinite Silence**

*Bible translation and grounding:* Mark 8:38-9:10 **victory and Jesus transfigured**

## **Dedicating to Spirit Action on Planet Earth**

*Study:* *Buddhism Without Beliefs*, by Stephen Batchelor -- Culture

*Intercessory Prayers:* Let us share our prayers for the world. Oh Infinite Silence, the Source of our freedom and compassion, -----

*Extinguish the Candle while singing opening song*

*appropriate business and catching up with each other*