

Ongo:
Daily Practices in Mindfulness, Non-Violent Communication, & More

Program Launching September 11, 2022

In recognition of the challenges we will face throughout this “search” year, the Adult Spiritual Development Team is offering a twelve-week small group experience that weaves together the non-violent communication work of Marshall Rosenberg with mindfulness meditation, deep listening, and journaling practices. The Ongo program manual we will follow is the product of a years-long developmental process through which the authors refined the content, format, and pacing in response to feedback from group participants.

Our groups will range in number from a minimum of 4 to a maximum of 20 members. Each member will receive a program manual and will be asked to commit to attending the majority of the twelve weekly gatherings.

What distinguishes Ongo from some other small group experiences is that:

- (1) it relies on participants’ here and now authentic presence rather than on the pre-session study of video or written materials,
- (2) it brings group members on a journey of the heart more than one of the head, helping them see more clearly the needs that underlie their thoughts and feelings, and strengthening their ability to engage more productively in challenging conversations,
- (3) each session is outlined in detail allowing for the rotation of leadership among group members who choose to facilitate individual sessions.

Unitarian Universalists affirm and promote seven (in some congregations, eight) principles. The moral values these principles represent are derived from six wisdom sources, the first of which is “*Direct experience of that transcending mystery and wonder ...*”.

Ongo is a first-source experience. It asks us to honor the wisdom of our own still small voice and that of others. It challenges us to trust that the process will carry us ... to wherever.

The Adult Spiritual Development Team will officially launch the Ongo program at UU Marin on Sept 11th in two after-service gatherings. One will be held in person in the Fireside Room, and the other will be conducted on zoom at our virtual coffee hour. Attendees will have an opportunity to peruse Ongo materials, discuss the structure and content of the program, and sign up to participate if they so choose. We will arrange for In-person and virtual groups to fit the scheduling preferences of participants. We hope you’ll join us.

Questions?? (contact Ann Carden at 330-401-7724 or ann.carden.phd@gmail.com)