



Spending Some Time with Earth

This is a flexible outline used with the Sisters of Mercy's staff in Omaha. It can be adapted to the audience, location and timeframe available by deleting or adding pieces to meet your needs.

8:30 - Coffee and snacks

9:00 - Welcome, opening reflection

PRAYER FOR PRESENCE

(read slowly, perhaps more than once.)

In the gift of this new day
In the gift of this present moment
In the gift of time and eternity intertwined

Let us be thankful
Let us be attentive
Let us be open to what has never happened before.

In the gift of this new day
In the gift of this present moment
In the gift of time and eternity intertwined

J. Philip Newell

9:20 - Setting the tone for the day, why we're here

- a. To get to know one another a little better as co-workers
- b. To increase our understanding of the Mercy Critical Concern for the environment.
- c. To consider ways we can all participate in Mercy actions on behalf of Earth

9:40 - Small group conversation (in groups of people not in your department)

- Share a little about your background and what you bring to this job.
- Why do you think we are taking a day to focus on Earth issues?
- What is your level of concern about the environment and why?

- 10:15 - [World View and Assumptions](#) video from Awakening the Dreamer symposium (5 or 10 min)
- 10:30 - Break - time to go outside and reflect on what you've heard so far
- 11:00 Small group conversation -
- Are there human assumptions you see as a danger for future generations?
 - Do you feel like practical behavioral changes are happening for the good?
- 11:30 - **“Ways to Save the Earth” Powerpoint**
- Group conversation -
- Which practical actions do you take as individuals, and which are followed at work?
 - Were there ideas in the slide show that you don't do, but may start doing?
- 12:00 - break for Lunch
- 1:00 - Three activities: (*Choose activities appropriate to available time and location.*) :
- 1) Work projects, such as planting trees, pulling weeds, gardening, etc.
 - 2) A contemplative activity, such as walking slowly and attentively, drawing or writing in Nature
 - 3) Bird watching, especially if you have someone who is a bird watcher and could share knowledge with others. There might also be other expertise in the group and willingness to share that.
- 2:30 - wrap-up activities and take a break
- 3:00 - [Wombat](#) and [4 years Go](#) videos from the Awakening the Dreamer symposium
- General Conversation or small groups
- What we've enjoyed
 - What we've learned about being part of the Mercy concern for Earth
 - What might be different at the office, in our workplace, at home
 - Follow-up actions (plan another get-together? form a committee? engage in a Mercy Taking Action process that helps you consider changes you might make together?)
- 3:45 Close with [Dancing Around the World](#) video