



## **GROUP SUMMARY EXAMPLES**

*The following are examples of Group Summaries from SSP Leaders.*

*Summaries are sent within 24-48 hours of the meeting.*

### **EXAMPLE #1**

Dear Parents, The East Bay Girl's Group is definitely coming together. This week's meeting was a lot of fun!

Our meeting started out with our usual ritual. One of the girls lit the candle, another rang the bell and another set an intention for the meeting.

We then continued by doing a short check-in. Each girl talked about her rose (positive event), thorn (challenging event) and bud (something they are looking forward to) during the past two weeks.

After the check in we went right into council. During council each of your daughters had the opportunity to tell us about important events that mark each of their 12 or 13 years of life. They were able to share both positive and difficult moments, and listen to the other girls share their life stories. By the end of council the girls were eager to continue to talk about shared common experiences both at school and their personal lives.

The girls are beginning to bond and feel more comfortable expressing their thoughts and feelings. Nevertheless, talking from the heart is of course difficult! They tend to want to talk about activities they share or people they know, or recount stories. We think this is valuable as a way to create stronger bonds between them and we believe that over time they will appreciate council as a safe space where they can truly speak from the heart.

After eating yummy and healthy goodies, we played a few mindfulness games and bonding games. After this, we did a guided meditation. At the beginning the girls started laughing, but after a while they were better able to concentrate and seemed more engaged in the meditation than they have been in previous times. Each of your daughters used a metaphor that came to them during the meditation to describe how they were feeling when we did the final check-out.

We are excited to see how your daughters are slowly opening up into the space and making it their own. We really enjoy the time we spend with them!

Please let us know if you have any questions or concerns. Enjoy the Holidays!!!

In Spirit,

K & G

## EXAMPLE #2

Dear Parents,

Our second meeting Monday night went really well! The girls were very engaged and excited to interact and make connections with each other. They actively participated in all the activities.

Last week the girls expressed a desire to help design our time together, so we started off this meeting by providing space for the girls to let us know the types of activities they're interested in. They had lots of great suggestions, which we will make sure to incorporate as we plan future meetings.

After the brainstorming session, here was our schedule for the evening:

1. Opening of the Circle (lighting the candle and setting an intention) Check-in: "Rose, thorn & bud" (highs & lows of the week) Story to explain council Council
2. Tell us about the origin and meaning of your name
3. Tell us about your special object(s) Break & Snack
4. Activities:
5. "I like girls who" (game to encourage making connections)
6. "Mindful Counting" (game to encourage cooperation and mindfulness)
7. Check-out: weather report

The girls appeared quite open to the ritual component of the meeting, and eager to participate in the lighting of the candle and setting of intentions. They expressed a desire to get to know each other better, an intention which was well aligned with our goal of the day: to provide opportunity for the girls to introduce themselves and share important parts of their identity.

Many of the girls had heard of the Rose & Thorn check-in activity, and added the "Bud" - something you're looking forward to. Each shared their highs and lows of the week to their level of comfort.

After the last group, we determined that it was important to explain a bit more about council so as to emphasize its introspective and heartfelt nature. We therefore read a story that helps to convey its meaning and intentions. Upon entering council, the girls seemed to take this to heart, sharing themselves with openness and candor.

During the snack, all of the girls raved about the guacamole. Thanks Norm!

After break, the games provided an opportunity for us all to move around a little, and also helped the girls to see all of the things they have in common. (Interestingly, It turns out that 7 of the 10 of us have blue-ish eyes!).

In an unexpected turn of events, one of the girls felt comfortable enough to ask the group for advice about a friend situation, which was received very well by the rest of the group. The girls listened carefully and responded with compassion, empathy, and helpful feedback.

Overall, it continues to be a pleasure to get to know your daughters, and watch as their connections with each other blossom. Their homework for next week is to write one sentence about each year of their life from birth until present day. Our next meeting will be held at the Grubb's on Monday, December 13th at 6:30pm. Their address is below. We will also be sharing with you a "Google Doc" with all of the contact information you've shared recently. Expect a scheduling email to follow shortly.

Warmly,

G & K

### **EXAMPLE #3**

Dear Swell Parents, Our day started where it ended. For a good while we drummed on our drums amongst the tall, silvered-leafed eucalyptus. A succinct end to the music was then followed by an extremely loud silence, void of the raucous sound waves. In that place we all mused quietly. Slowly the day began to emerge. We shared a few hopes for the day as well as checking-in with what our lives have been like since our Summer trip.

Gradually this gave way to a hike deeper into Tilden. Along the way we inquisitively talked about events in pairs and triplets. With Oliver as our trail guide, we eventually found ourselves upon Wildcat Peak. While eating lunch/snack we looked over the vast domain from Mt. Tam to Mt. Diablo. The day possessed us all with a great mellowness. Gently we made our way down to the peace grove, a small grove of Sequoias. There we sat and between pine cone wars had a discussion.

What we asked the Chaps to reflect on was this idea of "who we do what with?" It was a discussion that Dave and I have felt called to look at: How important it is to consider who one chooses to have as friends in times of vulnerability, development and experimentation. As we might have expected, the Chaps communicated mature perspectives of thought and choice in who they hang with. Nonetheless, I had a sense that during it they were themselves considering the issue with a seriousness.

We then had a short council around the "end." The consensus was it didn't feel like one. We also remembered some highlights of the year... pieces of the Summer trip, Excalibur (Have all of you watched that yet?), Drumming, et cetera. We then meandered back down to Blue Gum where we found all of you. You know the remainder of the story. I would like to add my heartfelt gratitude and ease for which we could enjoy and appreciate all that has been in these times.

The luckiest of guys, D & J

#### **EXAMPLE #4**

Dear Parents of Organized Chaos,

Tonight we had a powerful meeting focused on the warrior and how this energy can be used skillfully in confrontation – more specifically skillful communication. We started off the evening with a brief check in followed by some warrior chanting. After framing the evening – spending some time talking about the importance of skillful communication and what happens when we don't (ex. Hurtful physical and verbal fighting, Holding it in and directing anger at oneself, unnecessary law suits, etc.).

From here we proceeded with a guided visualization, and encouraged them to focus on any conflicts, unresolved feelings, or questions that they had relating to the group, or any body in the group. By the light of a single candle we with courage and strength, dove into what became and a

very vital conversation about feelings between group members, frustrations with parents, etc. Many of the stories and frustrations spoken, others in the group could relate to as well, and this was normalizing and supportive. A number of the guys expressed how nice it was to know others were going through similar issues.

We ended the evening with a burning of some sacred scented wood and closing with a word of how each son felt about the night. The night was so engaging that they didn't even miss not having a snack. We look forward to continuing this conversation at our next meeting, as there is much energy there, and we did not have time to cover it all tonight.

Our next meeting is 7-9 on may 21st. If possible, please have you sons there early so that they have time to hang out before the meeting.

In Spirit,

F & J