



Seminar Two Convening Guide

March 10 – March 14, 2021



Why Are You Here?

Returning. Listening. Believing.

Schedule Overview

Pre-Seminar Invitations

- Pre-Seminar Email
- [Pre-Seminar Survey](#)
- [Pre-Seminar Reading and Reflection](#)

Seminar Materials

- *History of Religion in 5 ½ Objects* (Ch. 1)
- *Leadership on the Line* (Ch. 10)
- Seminar Two Convening Guide
- [Beyond the Noun of Leadership](#)
- [Pandemics Matter: COVID-19 Protocols 2021](#)
- [Practicing Presence: A Virtual Primer](#)
- [Fellowship Building Blocks](#)
- List of Zoom links
- List of Convening Groups
- Contact List
- Journal (in hand)
- Fellowship camping chair (for those gathering in person)
- Writing utensils (bring your own)
- Seminar Two Surprises (delivered)

Wednesday, March 10

(On Your Own)	Getting Ready
(4:00 – 5:00 pm)	Deepening with Discernment with Dr. Lynette Aytch
(5:00 – 7:00 pm)	Dinner and Rest
(7:00 – 8:30 pm)	Seminar Two InGathering

Thursday, March 11 (Travel)

(7:00 – 9:00 am)	Travel – Rest. Reflect. Reckon. Relate.
(9:00 – 9:30 am)	Arriving
(9:30 – 11:30 am)	Convening – Cornerstones and Stumbling Blocks
(11:30 – 12:30 pm)	Food and Fellowship
(12:30 – 2:00 pm)	Hearing (your) Here
(2:00 – 4:00 pm)	Convening – This I Believe
(4:00 – 4:30 pm)	Leave Taking
(4:30 – 6:30 pm)	Travel – Rest. Reflect. Reckon. Relate.



Thursday, March 11 (Virtual)

(9:00 – 9:45 am)	Morning Glory, Morning Story
(9:45 – 10:30 am)	Hunting at Home
(10:30 – 12:00 pm)	Convening – Cornerstones and Stumbling Blocks
(12:00 – 1:00 pm)	Food and Fellowship
(1:00 – 2:30 pm)	Hearing (your) Here
(2:30– 3:30 pm)	Rest
(3:30 – 5:00 pm)	Convening – This I Believe
(5:00 – 6:30 pm)	Dining on Discomfort
(6:30 – 8:00 pm)	Screening: <i>Theirs is the Kingdom</i> (CMZ Productions 2020)

Friday, March 12

(9:30 – 10:00 am)	<i>Optional</i> Virtual Coffee Hour
(10:00 – 11:30 am)	The Places that Make and Break Us with Dr. Darin Waters
(11:30 – 1:30 pm)	Middy Moment
(1:30 – 2:15 pm)	Positivity Movement with Melvin A.C. Howell
(2:15 – 4:00 pm)	Surprise and Surrender
(4:00 – 5:00 pm)	Pandemic Play Practice
(5:00 – 7:00 pm)	Food and Fellowship
(7:00 – 8:30 pm)	William C. Friday Fellows Interview Series with Dr. Darin Waters

Saturday, March 13

(9:30 – 10:00 am)	<i>Optional</i> Virtual Coffee Hour
(10:00 – 10:30 am)	Morning Movement with Melvin – Finding Sure Footing
(10:30 – 12:30 pm)	Maker Space – Puzzling and Planting
(12:30 – 1:30 pm)	Lunch and Rest
(1:30 – 3:00 pm)	Convening – This I Believe, How About You?
(3:00 – 3:30 pm)	Break
(3:30 – 5:00 pm)	The Spirit of Clay with Senora Lynch
(5:00 – 7:00 pm)	Dinner and Rest
(7:00 – 8:00 pm)	Pandemic Play Performance

Sunday, March 14

(10:00 – 10:30 am)	Morning Movement with Melvin – Building Blocks
(10:30 – 12:00 pm)	Stone Soup – Gathering One Another's Gifts
(12:00 – 1:00 pm)	Lunch
(1:00 – 2:30 pm)	Final Circle – A Mere Stone's Throw Away

Full Schedule

Wednesday, March 10, 2021 – Return, Returning, Returned

“To be whole is to be part; true voyage is return.” Ursula LeGuin

Welcome back to the William C. Friday Fellowship for Human Relations! Are you ready to return? Today we step into evolving practices and expanding vocabularies. With “who you are” and “where you are from” still resounding, we turn this weekend to the work of purpose as it plays out in places particular to you. Why are you here? And where is that, exactly? Can you hear the “here” you inhabit? In addition to probing with curiosity at core beliefs that can be cornerstones and stumbling blocks alike, we will continue to take up people, places, and things that matter. It bears repeating that this fellowship proceeds at the pace of relationship. Can we be patient with an intentional unfolding that meanders along the way? Can each of us remember the possibilities, and the parameters, of any “we” this cohort might choose to become?

As we begin again, I note simply that a pandemic journeys with us still. May we continue to have grace for the unique challenges and stretched capacities that come with COVID. May we listen with compassion for one another and create the kind of fellowship this season demands. Will we welcome those seeking rest? What about those eager to lean into relationship? And our colleagues hoping for reckoning? How can we meet those looking for reflection first and foremost, too? Whatever our desires and needs, may we lead with the kind of humility that grows us all. Thank you for precious beginnings and for this work of return. May ours be a labor of love.

This guide and all linked documents will help us navigate the next few days from homes across the state. As we step forward—together, but also apart—who and what are you bringing to unpack together? Are there things we might remember, return to, and perhaps release? Still marathon and sprint at once, this two-year fellowship hopes to always practice what it preaches: Pass the Ps, Fellows, and pace yourselves. I encourage you to read through this full guide as you prepare to call yourselves back together. *Shall we return?*

Getting Ready – From *Who* to *Why*, From *You* to *Here* (Offline – On Your Own)

In February, we shared [invitations](#) that chart pathways between Seminars One and Two. As we prepare to reconvene, might you revisit these practices of return? If you have not yet had opportunity to think through and write out your “This I Believe” story, you might turn there now. I also invite you to prepare for this evening’s InGathering. How will you call yourself back into this fellowship community? You can find a proposed format below. Lastly, should this day already be

full-to-overflowing, I'll repeat here the fellowship's standing invitation to find your way to that which gives life. *Take a walk. Take a breath. Look up. Look down. Listen in. Make tea. Find water. Get quiet. Rage on. Wherever you are and whatever you need, do that thing, including absolutely nothing at all.*

(4:00–5:00 pm) Deepening with Discernment (Online – Zoom Link)
A Dialogue with Dr. Lynette Aytch (FF '08–'10)

This 60-minute opening session will model two core practices of the Friday Fellowship: the work of relationship and the art of dialogue. Two Friday Fellows from different classes will explore what it means — and takes — to deepen with discernment. Lead faculty Meredith Doster and Friday Fellow Lynette Aytch meet monthly to share in a peer-to-peer dialogue about their lives and leadership. Together, they will share insights into the work of both being and leading in relationship. *What does it mean to go deeper? With yourself? With others? How does discernment shape the invitations you extend and accept? What practices can we share that invite honest reflection and courageous growth? What kinds of boundaries or benchmarks might we welcome in this next phase of relationship and fellowship?*

(5:00–7:00 pm) Dinner and Rest (Offline – On Your Own)

Do you observe any mealtime rituals? As in Seminar One, we will be retreating to our homes for most meals. Some will be preparing and eating with those in their household. Others will be leaning into solitude. As we retreat in different ways, consider the practices we are creating and evolving together. One involves the intentional engagement with poets and prophets, wordsmiths and wise ones, too. Consider pondering Alexis Pauline Gumbs' poem "[Finding Ceremony](#)" as you settle in and take your seat. *stomp. cleanse. stack. put. burn. help. sit. now give us what you found.*

(7:00–8:30 pm) Seminar Two InGathering (Online – Zoom Link)

In October, we invited special guests to mark the occasion of the fellowship's launch. Today, you will hold space for one another as guests of honor. Much has transpired in the past six months. *Who have you been since we last convened? And who do you still hope to be?* You can find all proposed conventions for the InGathering ceremony below. As the cohort will be front and center this evening, we have the gift of more time. Many thanks for holding your calling in (a re-introduction of sorts) to around 3 minutes. Ours, then, is always an invitation to share what matters most. The rest will hold to future conversations and convenings. Welcome back, Fellows!

Order of Ceremony

Welcome. Lead Faculty Meredith Doster

Prologue. Faculty Fellow Dr. Darin Waters and WLI Director Hunter Corn

InGathering. 2020–2022 Fellowship Class

We want to welcome the fullness of who you continue to be. As you call yourself into this community, you are welcome to draw from the following prompts:

Name

Who have you been since we last convened?

Where have you journeyed? Who is journeying with you?

What are you learning along the way?

What picture did you share in the Awesome Box and why?

What did you collect in your pinch pot? What does it mean to you?

What is something or someplace or some person you believe (in)?

Where is your here? And why are you here?

Present fears and/or anxieties

An animating question or hope for this convening and community

Name, repeated

All Fellows proclaim: “Welcome back, [Name].”

Annie Lord

Clinton Wilson

Lisa Bryant

Mary Wilson

Dalton Dockery

Willard Watson III

Ryan Emanuel

DeSandra Washington

Angie Flynn-McIver

Tim Tolson

Tara Spivey

Merald Holloway

Tim Schwantes

Liam Hooper

Kevin Rumley

Tiffany Jacobs

LaTanya Pattillo

Lara Khalil

Jonas Monast

Andrew Knoblich

Kelly McRell

Trinette Boone-Langley

Closing. Lead Faculty Meredith Doster

Thursday, March 11, 2021 (Travel) – We Make the Road by....

Beneath every there is a here. (Mark Nepo)

Those who are comfortable doing so will spend the day traveling and convening in person. All updated pandemic protocols apply! Those who prefer virtual-only connection will journey together in online spaces. (See the virtual Thursday schedule below.) Across these different places and modalities of gathering, what matters most is the spirit of return. Hunter, Darin, and I look forward to seeing you in Wilson, Lexington, Chimney Rock, or via Zoom! Wherever you are coming from and wherever you might be going, please share as fully as possible in the privilege of co-convening today's sessions. Thank you for welcoming one another! *Practice makes possible!*

(7:00–9:00 am) Travel

(Offline – On Your Own)

Please plan your travel time to arrive at one of three destinations ready to begin by 9:30 am. Traveling is part of many journeys. What will turn your trip into the right vehicle for this season? Consider what you hope to give and take from this convening and lean into what you need. *May the road rise up to meet you.*

Rest.

What does silence sound like? Consider spending your travel time with the radio off and your phone muted. With competing noises quieted, what comes to mind? Can you hear yourself think? What else rises to the surface?

Reflect.

You are heading to a convening with a group of folks finding their way back to fellowship. Consider listening to cohort members DeSandra Washington and Clint Wilson reflect on their fellowship experience in this [recent episode](#) of the Waters and Harvey Show. Listen in and reflect on your own experience of the fellowship's standing and unfolding invitations.

Reckon.

In Seminar One, we used our locations in North Carolina counties to introduce ourselves to one another. As you drive across the state, sometimes crossing county lines marked along the way, where might you look for peoples and places not found on the maps you have been given? Consider charting your journey with [this tool](#) that highlights Native lands and territories. Whose sovereign spaces are you crossing unawares? What kind of attention and intention does it take to move from research to relationship with North Carolina's indigenous peoples and communities?

Relate.

Are you missing someone these days? Consider scheduling a phone call (hands-free, please) with a family member, friend, or colleague you haven't reached in a long time. Who might journey with you as minutes and miles fly by?

(9:00–9:30 am) Arriving (In Person)

Welcome! Please settle in and meet-and-greet one another. Hunter, Darin, or I will be on hand to answer questions and point you in helpful directions. Thank you for honoring the fellowship's state-aligned, updated [COVID protocols](#) *at all times*. Hands washed! Masks up! No touching of any kind. Six feet distance—or more—*at all times*! Thank you for continuing to protect yourselves, one another, and the communities to which you will return. *At all times!*

(9:30–11:30 am) Cornerstones and Stumbling Blocks (In Person)

In your first convening of the day, you will turn to the foundations of your lives and leadership. What is the relationship between cornerstone and stumbling block? What happens when foundations crumble? Together, you will facilitate the convening process included in digest form below. You can find the full convening guide in your fellowship packet or at [this link](#). *Step by step, and not always set in stone.*

Calling-In
Centering
Core Values

Conversing
Clearness Check
Closing

(11:30–12:30 pm) Food and Fellowship (In Person)

Please enjoy a shared and socially-distant meal. We will provide individually packaged lunches at each site. You are also welcome to bring your own food and/or face shield. Many thanks for staying masked unless eating. We hope you enjoy the food, and one another's company. *Cheers!*

(12:30–2:00 pm) Hearing (your) Here (In Person)

COVID-calibrations inhibit fuller engagement with the places we are convening across the state. In addition to safeguarding one another, we have responsibilities to those hosting us and the communities to which they are connected. We hope that you will choose to return to these locations in the coming years. For today, we pivot to the many places from which your "here" might speak. In this 90-minute session, you will spend time moving between paired or small-group conversations and solo journaling to listen for the relationship between your here and the stories it loves to tell. You'll also consider a number of triads at play—and at work—in what you are hearing. You can find the full convening guide in your fellowship packet or at [this link](#). *Ready to listen for the places you claim and those that are still hard to find?*

(2:00–4:00 pm) This I Believe (In Person)

In this afternoon’s convening, the sharing of core beliefs – both birthright inheritances and pathways painstakingly chosen – will be one way we honor both the “why” and the “here” of one another. Moving through the convening guide linked below, you will take turns sharing your “This I Believe” stories with one another. Shall we listen, together, for beliefs that matter, too? You can find the full convening guide in your fellowship packet or at [this link](#). *Why are you here?*

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(4:00–4:30 pm) Leave Taking (In Person)

Many thanks for checking in with your host before checking out. Be sure to revisit your directions and buckle up. We’ll see one another again tomorrow. *Safe travels!*

(4:30–6:30 pm) Travel Home (Offline – On Your Own)

This weekend is one long return – to one another and to this fellowship community. On your drive home, you have a beautiful opportunity to practice the art of Sankofa. As you retrace your footsteps or find another route home, keep listening. *What rises to the surface as you remember?* Consider any of the following invitations that serve your journey.

Rest.

The work of fellowship takes time and effort: showing up, staying present, listening deeply, learning by design. And it all happens on top of the many other competing obligations that journey with us, too. If rest will best serve your homeward journey, consider listening to the One Voice Children’s Choir sing [this rendition](#) of Alicia Keys’ “Good Job.” You matter, indeed.

Reflect.

Your day held several opportunities for different kinds of engagement and connection. If your ears are still ringing from all the listening, consider keeping a quiet car as you drive home. As you return gently to all the day has held, what do you remember? What rises to the surface? Where do you need to return?

Reckon.

We’ve spent a long time listening to one another today. Are you still yearning for a deeper dive? Consider engaging Zachary R. Wood’s 2018 Ted Talk [“Why it’s worth listening to people you disagree with.”](#) Wood’s approach centers “uncomfortable learning” that yields “leaders who are familiar with the depths of the views of those they deeply disagree with, so that they can understand the nuances of everyone they’re

representing.” What do you think? Are all opinions and beliefs worth engaging? Whose discomfort is worth what kind of learning?

Relate.

Are you starting to piece this fellowship puzzle together? You spent some time today journaling about a host of triads. What other relationships are you contemplating and considering? Any lines you are curious about approaching or crossing? And what about those stones? Are you seeing cairns and castles and cathedrals and caves along the way? What might they be hiding or holding?

(Evening) Welcome, Home!

Take the time you have to settle into the kind of evening before you. However you close out the day, try to hold onto enough space for sustenance and as much silence as serves you. As you wind down your day, know that Fellows across the state are, likewise, turning in. May sweet, sweet rest find you. *We'll see you tomorrow!*

Thursday, March 11, 2021 (Virtual) – We Make the Road by....

Beneath every there is a here. (Mark Nepo)

While some Fellows are traveling to convene in person, we extend the full hand of fellowship to those opting into virtual connection. Welcome to your very own — and shared, too — online journey! From wherever you are accessing all worlds virtual, please prepare to share as fully as possible in the privilege of co-convening each of today's gatherings. Thank you for welcoming one another! *Practice makes possible!*

(9:00–9:45 am) Morning Glory, Morning Story

(Online – Zoom Link)

Welcome the day—and one another—by sharing in a reading of Byrd Baylor's *Everybody Needs a Rock*. As you gather, read this children's book out loud and enjoy the beautiful illustrations by Peter Parnall. Does this book remind you of the short film "[An Object at Rest?](#)" How so? What are we hoping to learn from stones and rocks? And from one another? The book invites readers to go forth and find the perfect rock. *What else might you hope to find today? Are there any guidelines or parameters that will benefit you as you set out?*

(9:45–10:30 am) Hunting at Home (Offline – On Your Own)

You don't need to go far to find the "perfect" rock. Spend some time walking around your home, yard, or neighborhood for just the right companion for your day. If you're not comfortable leaving home, dig deep into some drawers and see what you can find. Remember the ten rules of successful rock hunters? How might you adapt these for your own search? Rock substitutes are most welcome! *What can you find to come alongside today's virtual journeys?*

(10:30–12:00 pm) Cornerstones and Stumbling Blocks (Online – Zoom Link)

In your first full convening of the day, you will turn to the foundations of your lives and leadership. Don't forget to call your newfound (or recently rediscovered) rock into the circle, too. What is the relationship between cornerstones and stumbling blocks? What happens when foundations crumble? Together, you will facilitate the convening process included in digest form below. You can find the full convening guide in your fellowship packet or at [this link](#). *Enjoy!*

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Clearness Check
Closing

(12:00–1:00 pm) Food and Fellowship (Offline – On Your Own)

Please spend some quiet time regrouping and refueling. While you prepare lunch, consider listening to cohort members DeSandra Washington and Clint Wilson reflect on their fellowship experience in this [recent episode](#) of the Waters and Harvey Show. *What are you remembering about the fellowship's standing and unfolding invitations?*

(1:00–2:30 pm) Hearing (your) Here (Online – Zoom Link)

In this 90-minute session, you will spend time moving between small-group conversations and solo journaling to listen for the relationships between your here and the stories it loves to tell. You'll also consider a number of triads at play—and at work—in what you are hearing. You can find the full convening guide in your fellowship packet or at [this link](#). *Ready to listen for the places you claim and those that are still hard to find?*

(2:30 – 3:30 pm) Rest (Offline – On Your Own)

The work of fellowship takes time and effort: showing up, staying present, listening deeply, learning by design. And it all happens on top of the many other competing obligations that journey with us, too. If rest is in order, consider listening to the One Voice Children's Choir sing [this rendition](#) of Alicia Keys' "Good Job." *You matter, indeed.*

(3:30–5:00 pm) This I Believe (Online – Zoom Link)

In this afternoon's convening, the sharing of core beliefs – both birthright inheritances and pathways painstakingly chosen – will be one way we honor both the "why" and the "here" of one

another. Moving through the convening guide linked below, you will take turns sharing your “This I Believe” stories with one another. Shall we listen, together, for beliefs that matter, too? You can find the full convening guide in your fellowship packet or at [this link](#). *Why are you here?*

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(5:00–6:30 pm) Dining on Discomfort (Offline – On Your Own)

As you turn to another mealtime moment, consider engaging Zachary R. Wood’s 2018 Ted Talk “[Why it’s worth listening to people you disagree with](#).” Wood’s approach centers “uncomfortable learning” that can yield “leaders who are familiar with the depths of the views of those they deeply disagree with, so that they can understand the nuances of everyone they’re representing.” What do you think? Are all opinions and beliefs worth engaging? *Whose discomfort is worth what kind of learning?*

(6:30 – 8:00 pm) Theirs is the Kingdom – Screening (Online – Zoom Link)

This [2021 documentary](#) explores the creation of a modern day fresco in an urban Asheville congregation and makes a compelling case for the healing power of representation. Similar to *Stranger with a Camera*, this documentary challenges notions of both object and subject, and of power and privilege. We’ll gather together to share a screen for the joint viewing of [this documentary](#) and will hold quiet space for a conversation about the places this film takes us. It is holy work, the seeing of our own and others’ full humanity. *Who are we putting on pedestals? And what kind of writing adorns the walls of your heart and home?*

(Evening) (Offline – On Your Own)

Are you starting to piece this fellowship puzzle together? You spent some time today journaling about a host of triads. What other relationships are you contemplating and considering? Any lines you are curious about approaching or crossing? And what about those stones? Are you seeing cairns and castles and cathedrals and caves along the way? What might they be hiding or holding?

Take the time you have to settle into the kind of evening before you. However you close out the day, try to hold onto enough space for sustenance and as much silence as serves you. As you wind down your day, know that Fellows across the state are, likewise, turning in. May sweet, sweet rest find you. *We’ll see you tomorrow!*

Friday, March 12, 2021 – Practicing Sankofa:
Going Back for One Another

A nice gathering like today is not enough. You have to go back and reach out to your neighbors who don't speak to you. (Ella Baker)

This day will extend a variety of invitations that build on work begun in Seminar One. Returning from places across the state and worlds virtual, we'll step into a series of conversations. In various configurations, we will return to the "Places that Make and Break Us," meet new fellowship friend Melvin A.C. Howell, enjoy quiet reading and reflection, and step into structured play time before we wrap up the day with the second installment of the William C. Friday Fellows Interview series. Today's theme draws on the Akan symbol and tradition of Sankofa that points us back toward that which needs to be retrieved. Ella Baker, too, asks us to keep returning for those who are not yet speaking or spoken to. *What are you coming back for? Some combination of rest, reflection, reckoning, and relationship?* May we keep finding one another along the way.

(9:30–10:00 am) Optional Virtual Coffee Hour (Online – Zoom Link)

Shall we greet the day? If you would enjoy informal morning fellowship, feel free to bring your coffee or tea and help us warm this virtual space before we officially begin. You never know what will happen when two or more Fellows gather on Zoom. Should we feel so moved, a dance party might break out! We welcome those who welcome an early option and wish all others well as they move through their morning routines.

(10:00–11:30 am) The Places that Make and Break Us (Online – Zoom Link)
Cornerstones of Democracy, Building Blocks of Fellowship

In Seminar One, Faculty Fellow Darin Waters responded to questions about history and statehood by naming the Edenton Tea Party (1774), the Regulator Movement (1765–1771), and the life and legacy of Harriet Jacobs (1813–1897) as moments and people important to a layered and nuanced understanding of North Carolina. Today, Dr. Waters reflects on the building blocks of democracy. What are the foundations of societies "civil" and "democratic"?

In small group discussions, you will build on the ideals and ideas of democracy to pivot to engagement with the foundations of fellowship. The Friday Fellowship is also a "place" (people and things, too) that works at the intersection of rest, reflection, reckoning, and relationship. It also prioritizes courage, curiosity, connection, and creativity. How do these building blocks work together? Is there a specific order in which they operate? Are these ideas and invitations mutually reinforcing and also sometimes at odds with one another? *As you come together in*

small groups, consider sharing your responses to what you are hoping to give and take from this seminar weekend. What does it mean to lead with any one of these particular characteristics? What kind of fellowship are we building together?

(11:30–1:30 pm) Midday Moment – Follow your Bliss (Offline – On Your Own)

This midday break invites you to get curious about the kind of balance you might strike today. What can retreat look like for you? Is there a meal you might make? Or a walk you might welcome? Or a nap that might nurture? There is no right or wrong way to navigate a COVID-calibrated retreat-from-home moment. Not certain where to turn? Consider listening to Faculty Fellow Darin Water's exploration of the role of curiosity in human history and behavior. Shared before a live audience in February 2018 as part of Asheville's Creative Mornings series, Darin's reflections on how "[Curiosity Fuels the Imagination](#)" hold fellowship teachings, too. *Where might your curiosity lead?* We'll see you back online this afternoon!

(1:30–2:15 pm) Positivity Movement with Melvin A.C. Howell (Online – Zoom Link)

[Melvin A.C. Howell](#) is a choreographer and creative director originally from Morganton, North Carolina, who has been transforming lives while evolving the art of dance for over 13 years. His approach is his purpose: to spread positivity, encouragement, and guidance through dance. Fellows, please meet Melvin! He'll be guiding us through movement meditation this weekend. Before we practice together, let's hear from Melvin about how he champions ART (awareness, reflection and transformation), one breath and body at a time. *Welcome, Melvin!*

(2:15–4:00 pm) Surprise and Surrender (Offline – On Your Own)

Breathing beneath the Surface

This self-paced session is set aside for a deep dive of a different kind. Spend time savoring a surprise you can hold in your hand before unwrapping this latest offering. Consider that the author/poet is a native of Durham, North Carolina, who charts a powerful journey across her own—and others'—memories. Among many things, this book models a practice of return to all that surfaces when we listen deeply for both inherited habits and for new ways of being and believing.

You might start with the Introduction, but if that doesn't hold you, turn over to the Table of Contents and follow your curiosity. Feel free to start with a single page or even one paragraph. Might you pull out your journal and see where these words take you? Wherever you begin, consider the invitation this poet extends. *What if? What if? What then? What about now?*

These are the ceremonies I found. You will find, especially if you read aloud, but even if you don't, that many of these passages ask of you what my ancestors are asking of me. When you think it's time to come up for air, go deeper. When you think your heart will break, stay there, stay with it. But at the same time, when you think you gotta hold onto something (like who you think you are), let go.

(4:00–5:00 pm) Pandemic Play Practice (Online – Zoom Link)

Creativity is one of the key ingredients of both fellowship and leadership. Curiosity, too. We'll lean on both as we break into small groups where you will work together to plan and practice one of five acts in a "Pandemic Play" you will perform together on Saturday evening. This is your opportunity to lead with laughter. Once all groups are settled in breakout rooms, I will send prompts and a few curve balls your way as you create a skit or sketch or something else entirely to share with the full cohort. At the 45-minute mark, a representative from each group will return to the main Zoom room to offer brief insights about what might follow. That small group will decide on the order and title of this undoubtedly pandemic-perfect performance. We do hard work together, Fellows. *Ready to play?*

(5:00–7:00 pm) Food and Fellowship (Offline – On Your Own)

I have a tattoo that reads "[Every day majestic.](#)" It's an important reminder to lean into the fullness of each and every moment. I wonder what makes a day worthwhile on your end? As we step away from one another, would you think through and across this day's conversations and quiet moments, too? What has this day held? And what else might it need? With so much before and ahead, consider holding space for silence as you take your rest. *We'll see you soon!*

(7:00–8:30 pm) William C. Friday Fellows Interview Series (Online – Zoom Link)

Since we last convened, all four Friday Fellows who participated in October's inaugural interview were featured in an episode of the [Waters and Harvey Show](#) that airs on Blue Ridge Public Radio. Tonight, four new Fellows will step into a shared conversation with Dr. Waters, responding to a series of questions drawn from the fellowship's application materials. Jonas Monast and Ryan Emanuel volunteered in October. Who will join them in this conversation about relationship and leadership? In the not-too-distant future, we will invite you to conduct an interview with someone from your home community whose story and experience is not represented in the cohort. Practice continues to make possible. *Stay tuned for more, and for one another!*

The question guide for the second of these interview sessions can be found in your fellowship packet or at this link.

Saturday, March 13 – Hands On, Hearts Open

it is not for me to know their choices. it is not for me to know their process. it is not for me to go and seek them. it is for me to trust. there is something deeper. something older. sometimes it gives itself to us so we can live. (Alexis Pauline Gumbs)

Today we trust that the work of our hands – and the movements of our bodies – matter, too. We'll begin the day with Melvin Howell as we step into movement meditation together. With feet firmly planted and breath fully engaged, we'll begin piecing and puzzling while contemplating the work of seeding goodness in the world. *What fits together? Who is missing? And what does it take to grow things; people and places, too?* When we come together in the afternoon, we'll return to beliefs—yours, mine, ours—to listen for differences and dividing lines. We'll then gather with Haliwa-Saponi potter Senora Lynch to learn about the spirit of clay. Bring your pinch pot to that session to know that you, too, are molding and being molded still. We'll end the day with your Pandemic Play performance. It's a beautiful day for fellowship. *We'll see you – and your handiwork – throughout the day!*

(9:30–10:00 am) Optional Virtual Coffee Hour (Online – Zoom Link)

If you'd like to enjoy some early morning connection, feel free to join this optional virtual coffee hour. Bring your coffee or tea for some informal fellowship. We may or may not stage an impromptu virtual dance party. *You'll have to login to find out!*

(10:00–10:30 am) Movement with Melvin: Finding Sure Footing (Online – Zoom Link)

In this 30-minute session, Melvin Howell will invite us into a gentle awakening of both breath and body. Throughout the session, we'll use Zoom strategically to allow everyone to participate in ways they are most comfortable. We'll rarely see one another in this session, but will instead stay present to Melvin and his movements. Melvin has curated two powerful songs to pair with his foundational approach to movement itself. All activities can be enjoyed in both seated or standing positions and you don't need any special clothing or equipment. *Let's listen deeply as we follow Melvin's lead.*

(10:30–12:30 pm) Maker Space – Puzzling and Planting (Offline – On Your Own)

Remember your baking and pinch pot making? Today's invitations include puzzling and planting. Both activities are intentionally curated to support either solo retreat time or a household-friendly activity. Or both! What kinds of teachings will find you as pieces turn into pictures and seeds start to sprout? The work of your hands, Fellows, and the meditations of your hearts. *May they hold rest, reflection, reckoning, and relationship.*

Puzzling. Each Fellow is invited to piece a puzzle together this morning. Somewhere across the state, another Fellow received the exact same puzzle. You won't determine the identity of your partner until you upload a picture of your finished puzzle to this Google drive folder. You might not finish your puzzle today. That's by design. The fellowship's invitations are open-ended and their impact is not measured on a specific timeline. In that spirit, the "deadline" for completing your puzzle is sometime before Seminar Three. We have paired activities planned between Seminars Two and Three for all puzzle partners, and I can't wait for you to find your way to one another! As you work

toward completion, what is coming together for you? Can you see a picture or pattern emerging? What is the relationship between the sum and all parts? How will you remember to go back for your puzzle partner?

Planting. In the spirit of watching and waiting, you will begin sprouting seeds today. Each Fellow received a starter kit to grow sprouts at home. Some kits feature seeds from the Asheville-based company Sow True Seed. Others are from far-flung places. Regardless of their origin, follow the directions provided to begin growing your seeds. Not sure where to begin? You are welcome to read all about sprouting at [this link](#). You might notice that the first few steps don't take much time. With this work begun, spend some quiet time reflecting on the work of seeding itself. While you watch and wait and water, what is happening? What does it take to grow – yourself? And others? What and who are you sowing into and why?

Once your first batch has fully sprouted and you are harvesting your first mess of kitchen greens, please take a picture of your bounty and upload the image to this Google drive folder. The official invitation is to nurture one mess of sprouts to maturity. But you don't have to stop there. Feel free to keep right on growing.

(12:30–1:30 pm) Lunch and Rest (Offline – On Your Own)

Watched pots rarely boil. The same holds true for seeds started in good faith. With good work begun, what kind of sustenance will keep you coming back for more? As we prepare to return to one another, consider listening to this 2016 On Being episode featuring botanist and member of the Citizen Potawatomi Nation Robin Wall Kimmerer. In "[The Intelligence of Plants](#)," Kimmerer shares ways of learning and listening that invite attention to the wisdom and teachings of the natural world. *Why is the world so beautiful? And who are your teachers?*

(1:30–3:00 pm) This / Believe, How About You? (Online – Zoom Link)

This afternoon, you will return to your "This I Believe" story and move through a convening that holds space for shared foundations and places of disbelief, difference, and disagreement. What kind of formation happens when we forgo the rite of conversion for the practice of relationship? Let's listen in! You can find the full convening guide in your fellowship packet or at [this link](#). We'll come back together as a full group later this afternoon. Please have your pinch pots in hand. *They, too, are built for seasons and seasonings such as these.*

Calling-In
Centering
Core Values

Conversing
Clearness Check
Closing

(3:00–3:30 pm) Break (Offline – On your Own)

Fellowship can be breathtaking. Consider spending quiet time as you integrate the day's

activities. Silence your phone. Turn off music. Shut down all screens. *May that which you need find you.*

(3:30–5:00 pm) The Spirit of Clay with Senora Lynch (Online – Zoom Link)

[Senora Lynch](#) is a renowned maker of handmade pottery. A member of the Haliwa-Saponi nation, Ms. Lynch learned traditional hand-coiling methods from tribal elders including her mother and grandfather. [Many of her designs](#) feature living traditional stories and beliefs of her people revealed to Ms. Lynch through the Night Sky and her dreams. Ms. Lynch describes her process as one of inspiration: “The spirit of clay has always inspired me. Working in clay takes me back to my childhood days of playing in mud, a free spirit.” We are honored to listen and learn from Ms. Lynch as she shares her craft with us.

Still reeling from differences uncovered and others still revealing? Hold tight, Fellows, to your clay and to one another. *Let us refuel and fill our cups — and pinch pots, too — with elder wisdom and teachings.*

[UPDATE: As we welcome one another and our honored guest, we will call in our names and where we are from in the following order. Many thanks for having your pinch pot in hand to show, as well.]

Trinette Boone-Langley
Lisa Bryant
Ryan Emanuel
Angie Flynn-Mclver
Becky Greer
Merald Holloway
Liam Hooper
Tiffany Jacobs
Lara Khalil
Andrew Knoblich
Annie Lord

Kelly McRell
Jonas Monast
LaTanya Patillo
Kevin Rumley
Tim Schwantes
Tara Spivey
Tim Tolson
DeSandra Washington
Willard Watson III
Mary Wilson

(5:00–7:00 pm) Dinner and Rest (Offline – On your Own)

Still wanting (for) more even as the day grows long? Those who shared in Thursday’s virtual schedule watched a documentary about a contemporary fresco project in an urban Asheville congregation. If you would welcome accompaniment or activity over dinner, you are welcome to screen [Theirs is the Kingdom](#), as well. You can access the documentary at this link. Whose world, Fellows? Yours. Mine. Ours. *What about Theirs?*

(7:00–8:00 pm) Pandemic Play Performance (Online – Zoom Link)

We began the day with a deep inhale. If you've been holding your breath since then, here's an invitation to let it all go. We'll gather together to stage the pandemic play you imagined together yesterday. Check your goodie bag for some North Carolina kernels and pop some popcorn. Grab your costume and any other props you might need. We've worked hard today. *Let's lean into some play. Laughter and levity welcome!*

Sunday, March 14, 2021 – Stone Soup: The Things of Fellowship

“The stone’s journey meets the human journey...The journey of one body is mirrored in the body of the other.” (S. Brent Plate)

In this final morning session of Seminar Two, we keep coming back. Where have you been and what have you heard since Wednesday evening? We'll begin the day in movement meditation with Melvin Howell before turning to a new practice. What gifts and teachings are you picking up from this cohort community? That which is surfacing—and rising, too—is the substance of fellowship. Instead of calling ourselves in, we'll call in and on one another. Two fellowship circles will round out the weekend, with a moment for pause in between. With beginning and returning in hand, we'll hold space for the sharing of re-entry strategies before we close out our time together. Last call, Fellows. *Won't you join us?*

(10:00 – 10:30 am) Movement with Melvin: Building Blocks (Online – Zoom Link)

In this 30-minute session, Melvin Howell will model the kind of gentle awakening that centers both breath and body. Building on or adapting from yesterday's successes (or challenges) we'll use Zoom strategically to toggle between various screen views that will allow for different levels of participation. Let's keep listening as we stay present to Melvin and his movements. Melvin will use yesterday's foundation to keep us grounding down and building up. All activities can be enjoyed in both seated or standing positions and you don't need any special clothing or equipment. *Shall we begin moving toward closing?*

(10:30–12:00 pm) Stone Soup: Gathering One Another's Gifts (Online – Zoom Link)

In this 90-minute session we will pivot to the practice of naming and celebrating the gifts of those accompanying us on this journey. What happens when we listen deeply and attend fully? Fellowship, and leadership, too. Instead of calling ourselves in, we will hold space to lift up the gifts and contributions of each Fellow. I'll move us through an intentional process that will require courage and curiosity, and the full celebration of everyone gathered. Please come



prepared to give and receive, to be and to bless. [Update: You can now find the small group convening guide at this link.] *What kind of stone soup are we making?*

(12:00 – 1:00pm) Lunch (Offline – On your Own)

One final opportunity to lean into this weekend's many invitations. Perhaps you'll find something unexpected in this curated [Fellowship playlist](#)? Whatever you need to find or hold in this hour, listen in. *We'll see you back for our final closing!*

(1:00–2:30 pm) A Mere Stone's Throw Away (Online – Zoom Link)

We will close out the weekend with brief concluding remarks, a look ahead, and one final round of sharing. Please be prepared to offer a brief reflection that builds on the following:

What are you bringing? What are you receiving? What are you growing?

Trinette Boone-Langley
Lisa Bryant
Dalton Dockery
Ryan Emanuel
Angie Flynn-McIver
Becky Greer
Merald Holloway
Liam Hooper
Tiffany Jacobs
Lara Khalil
Andrew Knoblich
Annie Lord

Kelly McRell
Jonas Monast
LaTanya Patillo
Kevin Rumley
Tim Schwantes
Tara Spivey
Tim Tolson
DeSandra Washington
Willard Watson III
Mary Wilson
Clinton Wilson

Lead in peace. Lead in kindness. Lead in love. Lead in grace.

We'll see you in July! Further reflection materials will follow by email.

Notes