

Seminar Five Convening Guide

January 27–30, 2022



Ladder to the Moon, Georgia O'Keeffe, 1958

What Must I Do to Die a Good Death?

Loving. Living. Learning. Leaning In. And Letting Go.



Materials and Schedule Overview

Preparation Matters

- ❑ [Pre-Seminar Reading and Reflection](#)

Seminar Materials

- ❑ One another (Any updates to share in this Contact List?)
- ❑ Your pinch pot
- ❑ Your fellowship journal
- ❑ Your 2020–2022 Friday Fellowship pocket convener
- ❑ Fellowship invitations, experiences, and materials (Seminars 1–4)
- ❑ A Practice: Calling In. Centering. Core Values. Conversing. Clearness. Closing.
- ❑ One Crossroad: Courage. Curiosity. Creativity. Connection.
- ❑ And Another: Rest. Reflection. Relationship. Reckoning.
- ❑ [These questions. These, too.](#)
- ❑ [This list of Ps.](#) (Always growing. Participation matters.)
- ❑ Seminar Five materials (shared in person, electronically, and by mail)
- ❑ Seminar Five packing list (for residential track only)
- ❑ *A History of Religion in 5 ½ Objects (AHRO)* – Chapter 4 “Cross” (Plate)
- ❑ *Ladder to the Light* (Charleston)
- ❑ *The Broken Ladder* (Payne)

Schedule Overview – Seminar Five, Two Tracks

Eastern 4-H Center – Hunter Corn & Darin Waters, co-hosting

Thursday, January 27

| | |
|----------------|---|
| 3:00 – 4:30 pm | Arriving and Settling |
| 4:30 – 6:00 pm | Making Place and Puzzling (NC) Together |
| 6:30 – 7:30 pm | Dinner |
| 7:30 – 9:00 pm | Opening Convening |
| 9:00 pm onward | Open Fellowship |

Friday, January 28

| | |
|------------------|--------------------------|
| 8:00 – 9:00 am | Breakfast |
| 9:00 – 9:30 am | The Water is Wide |
| 9:30 – 10:30 am | Morning Meeting |
| 10:30 – 11:00 am | Paired Walk |
| 11:00 – 12:30 pm | Life Cycles on the Sound |



William C. Friday Fellowship FOR HUMAN RELATIONS

| | |
|-----------------|--|
| 12:30 – 1:30 pm | Lunch |
| 1:30 – 3:00 pm | The Places that Make or Break – You/Me/Us/Them Experience and Perception with Faculty Fellow Dr. Darin Waters |
| 3:00 – 4:00 pm | Paired Walk |
| 4:00 – 5:00 pm | Rest |
| 5:00 – 6:30 pm | Lanyards to the Light |
| 6:30 – 7:30 pm | Dinner |
| 7:30 pm onward | Open Fellowship |

Saturday, January 29

| | |
|-----------------|---|
| 8:00 – 9:00 am | Breakfast |
| 9:00 – 9:30 am | Sounds of Silence |
| 9:30 – 10:30 am | Morning Meeting |
| 10:30 – 2:30 pm | Grand Silence |
| 12:30 – 1:30 pm | Silent Lunch |
| 2:30 – 4:30 pm | Tour of Creswell with Friday Fellow and WLI Board Member Mavis Hill |
| 4:30 – 6:30 pm | When Silence Speaks |
| 6:30 – 7:30 pm | Dinner |
| 8:00 – 9:30 pm | Friday Fellows Interview Series (with virtual track) – Zoom link |
| 8:00 pm onward | Open Fellowship |

Sunday, January 30

| | |
|------------------|----------------------------|
| 8:00 – 9:00 am | Breakfast and Packing |
| 9:00 – 10:00 am | Morning Meeting |
| 10:00 – 10:30 am | Paired Walk |
| 10:30 – 12:00 pm | Closing Circle |
| 12:00 – 12:30 pm | Departing and Taking Leave |

Virtual Convening – Meredith Doster, hosting

Thursday, January 27 – Zoom Link for Thursday Sessions

| | |
|----------------|--|
| 2:30 – 3:15 pm | People and Pixels – with Mary Wilson and Tiffany Jacobs |
| 3:15 – 3:30 pm | Practicing Pause |
| 3:30 – 4:30 pm | “Last Supper” Recipe Swap – with Kelly McRell and LaTanya Pattillo |
| 4:30 – 5:00 pm | Practicing Pause |
| 5:00 – 6:00 pm | Rung by Rung – Relating with Dr. Georgette “Jojo” Ledgister |
| 6:00 – 7:30 pm | Dinner on your Own |
| 7:30 – 9:00 pm | Opening Convening |
| 9:00 – 9:30 pm | Silent Night |



Friday, January 28 – Zoom Link for Friday Sessions

| | |
|------------------|--|
| 9:00 – 9:30 am | Arriving and Holding – Practicing with Lauren Taub Cohen |
| 9:30 – 10:00 am | Greeting the Day – with Kevin Rumley and Clint Wilson |
| 10:00 – 10:15 am | Practicing Pause |
| 10:15 – 11:00 am | Ladder Spotlight – with Tim, Kelly, Becky, and DeSandra |
| 11:00 – 11:30 am | Crossroad Conversation |
| 11:30 – 1:00 pm | Lunch on your Own |
| 1:30 – 3:00 pm | Braiding Together – Making and Meaning with Kehren Barbour |
| 3:00 – 4:00 pm | Practicing Pause |
| 4:00 – 5:00 pm | Signs (Following) & Symbols (Sounding) |
| 5:00 – 6:30 pm | Cooking at Home |
| 6:30 – 7:30 pm | Last Supper |
| 7:30 – 8:00 pm | Practicing Pause |
| 8:00 – 9:30 pm | Death by Species – with Ryan Emanuel and Dalton Dockery |

Saturday, January 29 – Zoom Link for Saturday Sessions

| | |
|------------------|--|
| 9:00 – 9:30 am | Here and There – Listening with Rebecca Branson Jones |
| 9:30 – 10:00 am | Greeting the Day – with Tim Tolson and Becky Greer |
| 10:00 – 10:15 am | Practicing Pause |
| 10:15 – 11:00 am | Ladder Spotlight – with Kevin, Clint, Ryan, and Dalton |
| 11:00 – 11:30 am | Crossroad Conversation |
| 11:30 – 12:00 pm | Settling Together |
| 12:00 – 4:00 pm | Sacred Silence |
| 4:30 – 6:00 pm | When Silence Speaks |
| 6:00 – 8:00 pm | Dinner on your Own |
| 8:00 – 9:30 pm | Friday Fellows Interview Series (with residential track) – Zoom link |

Sunday, January 30 – Zoom Link for Sunday Sessions

| | |
|------------------|--|
| 9:30 – 10:00 am | Greeting the Day with DeSandra Washington and Jonas Monast |
| 10:00 – 10:45 am | Ladder Spotlight – with Tiff, Mary, Jonas, and LaTanya |
| 10:45 – 11:00 am | Practicing Pause |
| 11:00 – 11:30 am | Object Lesson |
| 11:30 – 12:30 pm | Lunch on your Own |
| 12:30 – 2:00 pm | Closing Circle |

Full Schedule

CROSSROADS QUESTIONS. What next? Those two little words ask one of the biggest questions in life. Where do I go now? What do I do? These are crossroads questions, the ones we all have asked ourselves when we have been searching for a direction in life. Choosing a direction is making a decision. Making a decision is an act of faith. Even if we think we have no faith at all, we do when we take the next step on a path we have decided to make our own. We believe in our choice. We hope it is the right one. “What next?” is a prayer, whether we realize it or not. “What next?” is an invitation for the Spirit, who stands at every crossroads to offer a word of wisdom, if only we will listen.

(Steven Charleston, *Ladder to the Light, Rung of Faith*, p. 28)

Seminar Five of the William C. Friday Fellowship for Human Relations raises a challenging question that spans life and death, heaven and earth, and all manner of people, places, and things in between. Along for the journey is a growing toolkit: sticks and smoke, firm foundations and circles clarifying – crucifying, too, – smells pungent and powerful, drums beating and hearts pounding, and now a cross or crossing or crisscross or crossroad. What next? Ladders, and the blessed light, and a kind of learning that listens first.

With a global pandemic continuing to shape the 2020–2022 Friday Fellowship experience, Seminar Five will unfold in two concurrent tracks: one residential, one virtual. As we keep learning, there is no predetermined template or telos for this thing called fellowship. Instead, there are complexities and choices that surface differences both major and minor. How we respond to these differences is part of the work of human relations.

Where do we go from here? A prayer. A petition. A penultimate seminar weekend that holds space for a kind of silence that speaks volumes. Ladders and crosses will offer object lessons, with Fellows questioning and listening in full and equal measure. Across modalities, six convening steps that are rung-like, too, will set the stage for things that matter: Calling In, Centering, Core Values, Conversing, Clearness, and Closing.

On the other side of Seminar Five, a final weekend beckons. With a finish line in sight, but endings ever elusive, Seminar Five will hold the deepest dive and darkest night and longest silence of this two-year journey. We will not travel this road together again. What remains to be surfaced and honored as sacred – to you, me, us, and them?

Thursday, January 27, 2021 (residential)
Getting Together and Gathering In

SACRED JOURNEY. There are no shortcuts on the spiritual path, although many have tried to find one. Learning the lessons the Spirit teaches takes time, patience, and perseverance. It requires a sense of discipline. It takes a level of self-awareness that can be difficult, because it requires that we are honest with ourselves. We have to look deeper. We have to study. We have to live a rule of life that never takes love for granted. It is not easy, but it is joyful. The sacred journey may take us up some very steep hills and demand we keep going even when we are tired, but it also shows us the wonder of life along the way and the purpose of life when the day is done. (Steven Charleson, *Ladder to the Light, Rung of Faith*, p. 20)

The residential track of Seminar Five will take place at the Eastern 4-H Center in Tyrrell County, North Carolina, where Fellows will gather on the waters of the Albemarle Sound to listen and learn together. Remembering the work of both journeying and arriving, Fellows will spend time place-making before calling themselves together in a practice of fellowship. Opening sessions will feature conversations about community needs and norms, as well as the weekend's orienting question: *What must I do to die a good death?* Those calling themselves together will consider the power and purpose of a kind of presence that sits in places; in people, too. *Possibility matters.*

(3:00–4:30 pm) Arriving and Settling

Welcome to the Eastern 4-H Center! You'll know you've arrived when you see the water. As you head from the parking lot toward the Albemarle Sound, the main conference room and check-in area will be on your left where Darin and Hunter will be waiting to greet you. Please stop in to receive your room assignment and key. On the way to your room, consider the water. It is both wide and deep. What kinds of Sound(s) and silences will accompany your journey this weekend? Many thanks for honoring CDC, NCDHHS, and Friday Fellowship Seminar Five COVID guidelines at all times. *Place matters.*

(4:30 – 6:00 pm) Making Place and Puzzling (NC) Together

A practice of fellowship both takes and makes things – people and places, too. As you begin together, would you stage the conference room for the kind of convening to which you aspire? What kind of invitations are you hearing? Which do you hope to extend one another?

- Where will you circle up? How do you hope to see and hear from each chair?
- Do your ladder pieces need an altar place? What about your pinch pots?
- Are there other kinds of things or stories or meanings this space needs to hold? What about activities?



With space-made-place, please sit together to pair the work of hearts and hands. Hunter will have a North Carolina puzzle at the ready. As you puzzle together, consider this question that has neither beginning nor end: *How will we be with one another?* *Pieces matter.*

(6:30 – 7:30 pm) Dinner

Pass the peas? Please and thank you.

(7:30 – 9:00 pm) Opening Convening – *What Must I Do to Die a Good Death?*

This opening circle will hold space for the kind of convening that honors people, places, and things gathered. From Calling In to Closing, you will return to the 2020–2022 Friday Fellowship convening model. As you prepare to hold space with one another, check in about things like process and poetry and power and purpose. *Practice matters.*

- What is this life you are leading? Is it ladder-like? Even if it's not, what is your journey asking of you these days?
- Is death a metric that means something to you? Is it specter? Surprise? Sacred threshold? Something else entirely?
- What can others know about you today to support your participation and presence?
- What measure of fellowship are you bringing or gifting? What do you hope to receive in turn and in kind and in kindness?

Calling In. Centering. Core Values. Conversing. Clearness. Closing.

(9:00 pm onward) Open Fellowship

At one center of the Friday Fellowship is a kind of time and place that is both unstructured and open ended. What is calling to you – individually? collectively? in some other grouping? Weather permitting, you might enjoy an evening around the fire or a raucous game of cards. Snacks will be available for late night munching and meaning-making. *Play matters.*

Thursday, January 27, 2021 (virtual)
Screening Fellowship

SANCTUARY. In these troubled times, I know a place where fear and uncertainty cannot come, where confidence and hope still shine brightly, where there is room for every person of condition to gather in safety and strength. That place is in my heart. The princes of power who strut their moment upon the stage may rail against the others—the many others—they seek to shun from the embrace of freedom. But in my heart is sanctuary for each forgotten soul. No truth will be swept away, no justice lost, no mercy gone ungiven, for I keep them all here in my heart. There they are secure until once more they are released to join what I know is in your heart as well: an outpouring of love, a fulfillment of the prophecy you already read in these few simple words. (Steven Charleston, *Ladder to the Light*, Rung of Hope, p. 59)

The virtual track of Seminar Five will take place both online and off-screen in homes across the state. Fellows opting into this track will practice presence that goes a different kind of distance. In this first day of a virtual voyage, Fellows will revisit their own fellowship practices and hear from 2020–2022 fellowship design dialogue partner Dr. Georgette “Jojo” Ledgister. Opening sessions will feature conversations about being together – virtual and otherwise – and invite reflections on the weekend’s orienting question: *What must I do to die a good death?* *Pathways matter.*

(2:30–3:15 pm) People and Pixels – A Virtual (Best) Practice

Welcome to Seminar Five! In this first session, you will revisit virtual (best) practices intended to serve those gathered. Opening the weekend in song (no singing required) and in silence, you will return to what it means – and takes – to journey together both onscreen and off. Core to this session? A good and gracious grappling with questions of being and belonging. With parameters in place, we’ll be ready to begin – again and again and again. *Pandemics matter.*

(3:15 – 3:30 pm) Practicing Pause

Across the virtual weekend, the schedule will reflect breaks that serve a variety of purposes. These are not placeholders, but important invitations to remember what you might need. Would you stand up, stretch, move around, get some water – anything that keeps you closer to this thing called presence? *Pause matters.*

(3:30 – 4:30 pm) “Last Supper” Recipe Swap

Food and fellowship remain a powerful pairing, often playing a major role at both birth and death. In honor of the shared meals that accompany many of life’s major milestones, the virtual cohort will collaborate on a “last supper.” Please come to this session with a favorite recipe (or two) both in hand and [shared in this Google document](#). We will swap food memories and recipes as we honor what it means to feed ourselves and one another. On Friday, we will spend time with recipes old and new before enjoying a Zoom supper together. *Potlucks matter.*

(4:30 – 5:00 pm) Practicing Pause

What do you need in this moment? Fresh air? A nap? A walk? Some peace and quiet? So many choices – and just enough time for that which matters most. *Pause matters.*

(5:00 – 6:00 pm) Rung by Rung – Relating with Dr. Georgette “Jojo” Ledgister

Do you remember the very first InGathering Ceremony? Dr. Georgette “Jojo” Ledgister joined in the welcoming and warming of our first virtual circle. Long before that late September 2020 evening, Jojo and lead faculty Meredith Doster stepped into an intentional collaborative that remains at the heart of many invitations the 2020–2022 Friday Fellowship extends. In this session, Meredith and Jojo revisit their earliest conversations and ensuing rounds of pandemic adaptations to surface what it means to lead in relationship with one another today. The question they keep raising? *How will we be with one another?* In casual conversation, they will translate the fellowship’s design into ladder form to reflect on rungs both meaningful and missing, imperative and also impossible. *People matter.*

(6:00 – 7:30 pm) Dinner on your Own

What’s for dinner at your house? Please take the time to feed yourself – mind, body, and spirit. You’ll be heading into an evening session followed by silence. What might sustain you for all that lies ahead? *Pass the peas? Please and thank you.*

(7:30 – 9:00 pm) Opening Convening – What Must I Do to Die a Good Death?

This opening circle will hold space for the kind of convening that honors people, places, and things gathered. From Calling In to Closing, you will return to the 2020–2022 Friday Fellowship convening model. As you prepare to hold space with one another, check in about things like process and poetry and power and purpose. *Practice matters.*

- What is this life you are leading? Is it ladder-like? Even if it’s not, what is your journey asking of you these days?
- Is death a metric that means something to you? Is it specter? Surprise? Sacred threshold? Something else entirely?
- What can others know about you today to support your participation and presence?
- What measure of fellowship are you bringing or gifting? What do you hope to receive in turn and in kind and in kindness?

Calling In. Centering. Core Values. Conversing. Clearness. Closing.

(9:00 – 9:30 pm) Silent Night

Soon and very soon, a period of extended quiet will cover and carry and encourage. In preparation, you will close out the evening leaning into structured silence. Please have in hand the packet of virtual fellowship materials you received by mail. We’ll unpack some things together on this call. Would you also bring your journal to capture things that surface in stillness? *Preparation matters.*

Friday, January 28, 2022 (residential)
Where Waters are Widening Still

SMALL HISTORIES. We are as wise as our willingness to learn. We are as strong as our willingness to believe. We are as kind as our willingness to share. Free will – that’s what generations of sages have called it – is the ability of human beings to choose their response to experience. We are not spiritual puppets. There are no strings. We have the ability to share and create our own reality. What we do can alter the course of history, especially the small histories we all inhabit in our everyday lives. We are able, if we are willing, to be partners in creation. By our own decisions, we are able to work with the Spirit in writing a story that has no ending. (Steven Charleston, *Ladder to the Light, Rung of Community*, p. 64)

In this first full day on the Albemarle Sound, Fellows gathering residentially will step into routines that will carry (across) the seminar weekend. Waking and walking and wondering and working together on the water, Fellows will listen for and learn from all kinds of things. *What kind of ladders are you climbing? Or is it a cross you are bearing?* Sessions across the day will consider what it takes to notice species and systems that are dying, too, as well as the places that break more than any one person or thing. At all times, the invitation to query and question stands: *What matters most? What needs to die in order that other things – people and places, too – might live? Perseverance matters.*

(8:00 – 9:00 am) Breakfast
Pass the peas? Please and thank you.

(9:00 – 9:30 am) The Water is Wide
On Friday and Saturday mornings, Eastern 4-H Center Director Jenn Standish will lead a team building exercise to jump start the day. What kind of learning happens when we’re all in? What about when we’re not? Does building (and breaking) together matter? Even if you’ve done a similar activity before, what will it mean to attempt this work with those gathered in the name and practice of fellowship? *Play matters.*

(9:30 – 10:30 am) Morning Meeting – Ladders and Learning
With energies awakened, will you sit together and build a foundation both firm and flexible? The metric? It is not fixed. *Practice matters.*

- How will you call yourselves in?
- Who might share a centering poem or passage from *Ladder to the Light*? What kind of silence needs to make its way into the room?
- Which values will you name and embody today? Will the Ps sustain? Or is another practice emerging?

- At the core (or conversation) of each morning meeting will be the ladders you built and brought to share. Will you hold space to honor the rungs (made and missing) in one another's lives? How much reverence will you bring for that which differs and divides and disagrees and differentiates and also dovetails? You can anticipate 3-4 Fellows sharing in each "Ladder Spotlight" session, leaving enough space to honor the giving and taking, the speaking and listening, the building and borrowing, the constructing and deconstructing – on your own and in community. For those who might welcome them, some orienting questions as you prepare to share something that matters:
 - What are you learning from any rungs you might be climbing? Or perhaps yours is a downward journey by choice?
 - Are there rungs you are repurposing for other means? How about those missing or misplaced or meted out or more?
 - If the ladder isn't a meaningful object on which to hang your life's journey, what might you substitute in its place?
- Please check for clearness before closing. How will you close out this space together?

Calling In. Centering. Core Values. Conversing. Clearness. Closing.

(10:30 – 11:00 am) Paired Walk

This beloved Friday Fellowship tradition invites you to walk and talk with one another. What kind of listening happens when you train your eyes on a shared horizon? The Eastern 4-H Center has paths to walk and water plentiful. Where will you walk and with whom? Please be attentive to the ways in which (self) selection can be an act of both extension and exclusion. Will you take care of yourselves, and one another, and the other, too? *Perambulation matters.*

(11:00 – 12:30 pm) Life Cycles on the Sound – Walking and Writing on the Water

Seminar Five's framing question invites death – as specter as sojourner as sure thing – into the weekend's circles and conversations. But death can be a standing dialogue partner, even when a global pandemic is *not* a seated member of a cohort or class or community. In honor of this season's pandemic-level depths, what if we turned from the human to pitch this question at different scales or systems or species? What about the life cycle of the Albemarle Sound, for example?

In some cultures, water and life are synonymous. What happens when water – or its incursion – spells death? After viewing [The Seeds of Ghost Forests](#) together, you'll walk with Eastern 4-H Center Director Jenn Standish along the shifting shores of the Albemarle Sound to consider the kind of time it takes for worlds and waters to both live and die. Please have your journal in hand for a quiet reflection period. *What must I do to die a good death?* How might the water itself respond to or reframe that question? Is the water wide enough? *Passing matters.*

(12:30 – 1:30 pm) Lunch

Pass the peas? Please and thank you.

(1:30 – 3:00 pm) The Places that Make or Break – You/Me/Us/Them

Experience and Perception with Faculty Fellow Dr. Darin Waters

In this fourth installment of Faculty Fellow Dr. Darin Waters's series about North Carolina histories and places, you will consider things in your own lives (and learning and leadership and love and longing) that are breaking or broken or breaking open. Together – or in small groups, as the room prefers – you will consider the relationship between personal and collective experiences (of people, places, and things). Should you take up the place of perception as a powerful and sometimes painful point of comparison, [Keith Payne's research](#) might serve your conversation. *Perspective matters.*

(3:00 – 4:00 pm) Paired Walk

After a long spell of sitting, consider stretching your legs with someone. Is there a conversation you've been hoping to have one-on-one and face-to-face? Or would you be better served by time and space for solo reflection and rest? Wherever your afternoon leads, please be attentive to the ways in which (self) selection can be an act of both extension and exclusion. Will you take care of yourselves, and one another, and the other, too? *Pairs matter. People, too.*

(4:00 – 5:00 pm) Rest

Rest is one of the four pillars of the 2020–2022 Friday Fellowship experience for a reason. What kind of rest might you want for and welcome this weekend? How might you recharge or restore or return to yourself? What happens when you do absolutely nothing at all? *Pause matters.*

(5:00 – 6:30 pm) Lanyards to the Light

This weekend's maker space invites you to criss-cross strands and strings in service of a kind of soul work that shows up in the tangible. Consider sitting together and making something?. Perhaps a lanyard that is almost ladder-like in its construction? Not feeling the magic or meaning? Consider (re)visiting [this article](#) included in the Seminar Three Recommended Resource Guide that describes maker spaces in the context of a mindset that knows how to pivot. *Projects matter.*

"There was a time when you could follow the formula: work hard at school, go to college, and climb a corporate ladder. But because of the complex global economy, the creative economy, the information economy, the ladder is now a maze. Students need to be able to engage in iterative thinking, creative thinking, critical thinking. They need to know how to pivot, how to revise, how to persevere. They need to solve complex problems. All of those are involved in the maker mindset."

(6:30 – 7:30 pm) Dinner

Pass the peas. Please and thank you.

(7:30 pm onward) Open Fellowship

With one part of the day concluded, another begins. What will the evening hold? Will you return to a puzzle? Host a dance party? Sit at the water's edge to watch the moon rise? Enjoy a fire? Whatever you do, however you proceed, keep checking in with one another. Are you clear to close out the day? *Play matters.*



Friday, January 28, 2028 (virtual)
Rung by Rung, Ladders of Learning

OLD DREAMERS. One day we will look back, a couple of old pros, veterans of the holy wars and the endless struggles of the human heart, to find our meaning, to discern our purpose, to build our sanctuary while we work the fields. And by the dimming fires of time we will talk, long into the listening night, and tell our stories of causes almost won, of visions bright and beautiful, of people we have known on our long journey home. One day we will look back, a couple of old dreamers, talking about the lives we lived, the truths we told, the paths we cleared so the ones we love can follow and find us here, waiting by the fire, wrapped in smoke and stories, the endless search of the human heart. (Steven Charleston, *Ladder to the Light*, Rung of Truth, p. 123)

On this first full day of virtual convening, Fellows gathering in homes across the state will take up sacred considerations of life and death, of silence and systems, of being and doing and becoming. From morning meditation to hands-on making, the day will unfold in consideration and conversation. *What kind of ladders are you climbing? Or is it a cross you are bearing?* Dialogue partners and dear friends of lead faculty Meredith Doster will come along for the journey. *What kind of relationship matters to a practice of fellowship? And what does it mean to honor one another across time and place? People matter.*

(9:00 – 9:30 am) Arriving and Holding – Practicing with Lauren Taub Cohen

Do you remember the [focusing practice](#) referenced in Seminar Four's object lesson? The one that invites reflections on things that might be feeling some kind of way? [Lauren Taub Cohen](#) will Zoom in to share her journey to a body-based process that invites a pausing, sensing, and holding of things we are feeling or experiencing with empathic care and respect. It's a kind of quieting that questions. Longtime friend and dialogue partner of lead faculty Meredith Doster, Lauren will walk (with) those gathered through some tools she uses in her own work. *Practices matter.*

(9:30 – 10:00 am) Greeting the Day

With arriving begun, you'll work together to welcome the wonder of this day. How will you meet and greet one another? The following steps will keep building foundations firm, but not fixed. *Process matters.* Please come prepared to:

- call yourself in;
- center around a word or witness;
- name a value and how it might shape the day's conversations; and
- honor that which needs to be said and shared before the day can proceed.

Calling In. Centering. Core Values. Conversing. Clearness. Closing.

(10:00 – 10:15 am) Practicing Pause

Mornings are a thing. And then some. What might your body need at this moment? *Pitstops matter.*

(10:15 – 11:00 am) Ladder Spotlight (Tim, Kelly, Becky, and DeSandra)

At the heart of one iteration of this fellowship is the life and experience of each Friday Fellow. Would you bring your ladder – wherever it might be leading you – to share?

- What are you learning from any rungs you might be climbing? Or perhaps yours is a downward journey by choice?
- Are there rungs you are repurposing for other means? How about those missing or misplaced or meted out or more?
- If the ladder isn't a meaningful object on which to hang your life's journey, what might you substitute in its place?

You can anticipate 3-4 Fellows sharing in each "Ladder Spotlight" session, leaving enough space to honor the giving and taking, the speaking and listening, the building and borrowing, the constructing and deconstructing – on your own and in community. *Parts matter.*

(11:00 – 11:30 am) Crossroad Conversation

There are many different ways to convene. Sometimes, the work calls for many. Other times, a conversation wants for the witness of a few. In these virtual paired walks, you'll spend time in one-on-one conversation. You are welcome to utilize a Zoom breakout room or another method of connection. What do conversations and crossroads share in common? *Pairs matter.*

(11:30 – 1:30 pm) Lunch on your Own

It is time to take a break – from one another, from computers, from the clock. How might you refresh and restore? Is there a meal to make and enjoy? A walk to take? You might consider the balance of rest, reflection, relationship, and rest. What will serve you most in this moment? Enjoy. *RePast matters.*

(1:30 – 3:00 pm) Braiding Together – Making and Meaning with Kehren Barbour

Do you remember the [decommissioned and repurposed pianos](#) referenced in Seminar Four's object lesson? Artist [Kehren Barbour](#) will be Zooming in from Barcelona to share how the global pandemic is shaping her practices of sustainable living and making. Print-maker by training and painter by nature, Kehren is also a researcher, mother, and environmentalist – not necessarily in that order. Among other things, Kehren retains a footprint in North Carolina by way of the fruit stand on Highway 74 she refashioned into her workshop. Longtime friend, dialogue partner, and collaborator of lead faculty Meredith Doster, Kehren will share how the activity of making becomes ballast-like and builds the kind of muscles that exercise and encourage big ideas. "I don't always know what I'm making, but I know I need to make," Kehren shared recently. Living out a creative process rooted in a commitment to "making what we need from what we have," Kehren will make with us from afar, modeling that art-making is also a practice of relation and understanding. *Practices matter.*

(3:00 – 4:00 pm) Practicing Pause

A pause is a precious thing. Perhaps you'll choose to keep working on your lanyard. Perhaps your body needs to move. Perhaps there's a book you are eager to pick up, or perhaps put down. *Pacing matters.*

(4:00 – 5:00 pm) Signs (Following) & Symbols (Sounding)

Signs and symbols can be powerful things. But what do they mean? And how do they work? S. Brent Plate contends that symbols (like this weekend's object of the cross) often speak without nuance. If that's true, how can we contend with language that glosses and symbols that sound and silence in the same measure? Please bring a picture of a "summarizing symbol" meaningful to you and your worlds for a conversation about what it takes to communicate at different registers; systematic, symbolic, sacred, and more. *Power matters.*

(5:00 – 6:30 pm) Cooking at Home

It's time for a fellowship-inspired feast! Would you head to the kitchen to try your hand at someone else's favorite food? What kind of table will you set – for yourself and for others? If you get stuck on someone else's measurements, how about picking up the phone and calling the Fellow whose recipe you are trying? Need inspiration or accompaniment? All are welcome, including family and household members you might choose to involve in your culinary adventures. As you cook, would you reflect on the work of stirring the pot? What does it take to notice things that are boiling over? And importantly: How will you know when something – food, fellowship, friendship, and more – is good and done? *Pots and pans matter.*

(6:30 – 7:30 pm) Last Supper

Plates in hand, or perhaps already washed and put away, you'll hop back online for a virtual potluck. What surfaced in the stirring? Did meaning show up in the meat or potatoes? What about memories? Perhaps we'll learn more about why food and fellowship are such a fabulous pairing – even across distance and difference. *Potatoes matter. Peas, too.*

(7:30 – 8:00 pm) Practicing Pause

Before the day's final session, consider taking a moment. Might you reach for your journal or perhaps to a favorite album? What might help you begin to wind down? We'll spend time in one final conversation before calling the work of this day done. *Preparation matters.*

(8:00 – 9:30 pm) Death by Species – Little Things, Big Impact

Seminar Five's framing question invites death – as specter as sojourner as sure thing – into the weekend's circles and conversations. But death can be a standing dialogue partner, even when a global pandemic is *not* a seated member of a cohort or class or community. In honor of this season's pandemic-level depths, what if we turned from the human to pitch this question at different scales or systems or species? What kind of death is happening all around us – under foot, over head, and everywhere in between? Will we expand our communities of care to all of creation? What about snails, for example? We'll view the short 2020 documentary [Death of a Species](#) before talking through the film's invitations. *What must I do to die a good death?* How might an endangered snail respond to or reframe that question? We'll wind down the day considering the flourishing of others. *Pomatia matter.*

Saturday, January 29, 2022 (residential)

The Sound of Silence, Spirit Too

WITHIN YOU. No words I write will be as eloquent as the silence within your soul. At best, my language is only a key to unlock what is already written in your heart: the strength you seek, the answers to your questions, the healing for which you hope. It all is there, in the still space where you encounter the Spirit, the common ground between the holy and the everyday. It is a place where only you can go, where your own thoughts and words transcribe the truth of your experience, and where the voice of the Spirit can speak in whispers like the wind moving through the trees. No one can give you what you already have: the love of the Spirit within you. (Steven Charleston, *Ladder to the Light, Rung of Blessing*, p. 39)

In this second full-day of residential convening, Fellows will build toward a grand and gentle and generous and grace-filled silence. Following a morning routine that is also ritual, all will be invited to step away from screens and phones and structured activities to sit quietly – or walk vigorously, or sleep deeply. *What does it take to hold space for a kind of listening that loves a horizon? What does silence sound like? What surfaces when noise – white, wild, and otherwise – makes way for things like hope to speak up?* Fellows will break their silence with a driving tour of Creswell, North Carolina, before returning to the Eastern 4-H Center for reflections. *Peace matters.*

(8:00 – 9:00 am)

Breakfast

Pass the peas. Please and thank you.

(9:00 – 9:30 am)

Sounds of Silence at the Eastern 4-H Center

On Friday and Saturday mornings, Eastern 4-H Center Director Jenn Standish will lead a team building exercise to jump start the day. Where and how does silence serve whom? And what other methods of communication impact the way we live, learn, lead, and love together? *Play matters.*

(9:30 – 10:30 am)

Morning Meeting – Ladders and Learning

With energies awakened, will you sit together and call in that which needs to be said before silence descends? What does this day call for? How will you be with one another? *Practice matters.*

- How will you call yourselves in?
- Who might share a centering poem or passage from *Ladder to the Light*? What kind of silence needs to make its way into the room?
- Which values will you name and embody today? Will the Ps sustain? Or is another practice emerging?
- At the core (or conversation) of each morning meeting will be the ladders you built and brought to share. Will you hold space to honor the rungs (made and missing) in one another's lives? How much reverence will you bring for that which differs and divides and disagrees and differentiates and also dovetails? You can anticipate 3-4 Fellows sharing in each "Ladder Spotlight" session, leaving enough space to honor the giving and taking,

the speaking and listening, the building and borrowing, the constructing and deconstructing – on your own and in community. For those who might welcome them, some orienting questions as you prepare to share something that matters:

- What are you learning from any rungs you might be climbing? Or perhaps yours is a downward journey by choice?
 - Are there rungs you are repurposing for other means? How about those missing or misplaced or meted out or more?
 - If the ladder isn't a meaningful object on which to hang your life's journey, what might you substitute in its place?
- Please check for clearness before closing. How will you close out this space together?

Calling In. Centering. Core Values. Conversing. Clearness. Closing.

(10:30 – 2:30 pm) Grand Silence

Silence is sacred is scary is supportive is senseless is serious is stirring is shaking is sounding. As you close out your morning meeting, how will you invite and accompany one another into a quiet as deep and wide as the waters on which you are convened? Consider the following encouragement to create different pathways to the kind of quiet you might welcome.

- Would you silence and put away your phone for this four-hour stretch? What could accountability for shared and solo practices look and sound like?
- How will you notice silence? Will it have a name?
- Is anyone feeling nervous or sad or angry or otherwise about this invitation? Will you hold space to consider how differently silence sounds across the room before taking your leave from one another?

A silent lunch will be served from 12:30–1:30 pm in the dining hall. Thank you for holding silence until you reconvene at 2:00 pm. *May that which hopes to surface find you. May all else fall away.*

Between 2:00 and 2:30 pm, would you make your way back to the meeting room? Music will be playing from 2:00 pm onward to welcome you back to the sounding world and to one another. Please honor the work of silence in a short closing. Will you check in with one another as decibels return and rise? In deference to all manner of things, an invitation to deeper reflection will hold to the evening hours. *Peace matters.*

(2:30 – 4:30 pm) Tour of Creswell with Friday Fellow Mavis Hill

Friday Fellow and WLI board member Mavis Hill lives Washington County, North Carolina, and works throughout the area. She has spoken and shared with previous Friday Fellowship classes and will be on hand to take those gathering from the current class on a tour of places that matter to her. Beginning in conversation at the Eastern 4-H Center, you can anticipate a driving tour that includes the gates to [Somerset Place](#), the lake at [Pettigrew State Park](#), as well as [Barnyard Betsy's](#), a local establishment owned and operated by Paulique Horton who is both descended from persons enslaved at Somerset and current board member of the historic site. What does it take to travel through and tour someone else's life and lived experience? *Pasts matter.*

[Meredith Doster](#). Wildacres Leadership Initiative. Winter 2022.



Presents, too.

(4:30 – 6:30 pm) When Silence Speaks

Back at the Eastern 4-H Center, it will be time for another one of the four pillars of the 2020–2022 Friday Fellowship experience. Circling up together, will you reflect on the balance of this day?

- What did your silence sound like? Did it surface things that matter? Or perhaps it was deafening or even deadening?
- Is the water offering up anything for you and yours?
- How did the driving tour across Washington and Tyrrell County lines land? Where might you hope to return?
- What must this Sound do to die a good death?

Please attend carefully to the tender places that silence can bring up. Silencing, too. Not all sacred things are meant to be shared. How will you care for one another as you move toward the evening? What needs to be put in its (proper, purposeful, protected) place to allow for a considered closing of the day's activities? Can clearness support individual passage across waters wide and deep? *Processing matters.*

Calling In. Centering. Core Values. Conversing. Clearness. Closing.

(6:30 – 7:30 pm) Dinner

Pass the peas. Please and thank you.

(8:00 – 9:30 pm) William C. Friday Fellows Interview Series (with virtual track)

In this one combined session of a two-track weekend, Faculty Fellow Dr. Darin Waters will lead four colleagues in a shared conversation about their lives and leadership. We'll be navigating bandwidth challenges and the complexities of coming together across difference and distance. How will we make Annie, Mary, Tiff, and Tim S. welcome? *Participation matters.*

(9:30 pm onward) Open Fellowship

It's your last night on the Sound. What is calling your name? Peace and quiet? An opportunity to deepen a conversation or to wade into new waters with someone else? However you wind down your day, consider the work of tomorrow: an ending and homeward journey. What will set you up for the kind of day that lies ahead? Please enjoy some salty snacks provided by Friday Fellowship friend Andrea Ginsberg from her Durham business The Mad Popper. *Play matters. Popcorn, too.*

Saturday, January 29, 2022 (virtual)

When Silence Speaks

THE EXCHANGE. Sometimes faith is an exchange. We put down one thing so we can pick up another. For example, there may be no more room in our hearts for love if they are taken up by anger, or no place in our minds for hope if we are too full of doubt. As simple as this seems, that exchange can often be one of the most difficult challenges we face emotionally. The grip of darkness is strong. Letting go of what we have grown accustomed to, even if it is harmful to us, is not always easy. Releasing the past to accept the future—that is the moment that so often defines the present. Faith grows not only by what we receive, but by what we recognize. (Steven Charleston, *Ladder to the Light, Rung of Renewal*, p. 125)

On this second full day of virtual convening, silence will take center stage. What might Fellows learn from the sounds of their own homes and hearts? And how might folks journey to find some kind of retreat? Wherever the day leads, Fellows will consider the balance of that which surfaces in silence, in spirit, in solitude – all off screen. What is quieting? What is disquieting? In addition to grand silence, the day will hold sessions and practices intended to nurture fellowship unfolding in all ways. *Pianissimo matters.*

(9:00 – 9:30 am) Here and There – Listening with Rebecca Branson Jones

Rebecca Branson Jones (she/they) grew up on unceded Catawba land in southern Davidson County, North Carolina, in a family of public school teachers, auto mechanics, and 3rd generation dairy farmers. In her youth, Jones taught herself how to play the banjo, was an active member of the 4-H club, played the drums in a rock and roll duo with her older brother, and clogged with the Hickory Flat Hoedowners. Jones graduated from Appalachian State University with a degree in Broadcast Media, then continued their education there earning a Master of Arts in Appalachian Studies. Rebecca and lead faculty Meredith Doster met in that program and their lives and communities have been intertwined ever since. In this morning session, Rebecca will be sharing tunes that both celebrate and complicate what it means to be from or belong to North Carolina people and places. *Picking matters.*

(9:30 – 10:00 am) Greeting the Day

What will you call in and center and claim as you begin climbing toward a light so blinding that it silences? Familiar processes and fellowship practices can always evolve and yield to that which a given moment needs. What does the greeting of *this day* require? *Participation matters.* Please come prepared to:

- call yourself in;
- center around a word or witness;
- name a value and how it might shape the day's conversations; and
- honor that which needs to be said and shared before silence descends.

Calling In. Centering. Core Values. Conversing. Clearness. Closing.

(10:00 – 10:15 am) Practicing Pause

Parallel process is a thing. You took some time to take some time yesterday morning. What can you learn in repetition? What turns a habit into something more? *Practicing matters.*

(10:15 – 11:00 am) Ladder Spotlight (Kevin, Clint, Ryan, and Dalton)

How will you encourage a kind of sharing that lends a helping hand to those climbing up and down ladders of their own making and breaking? For a second morning, we'll listen in as Fellows share that which moves them – rung by rung. We'll hold space between each ladder offering to honor – quietly – what it takes to give and take, to speak and to listen, to construct and deconstruct, on our own and in community. *Parts matter.* Those sharing today might consider:

- What are you learning from any rungs you might be climbing? Or perhaps yours is a downward journey by choice?
 - Are there rungs you are repurposing for other means? How about those missing or misplaced or meted out or more?
 - If the ladder isn't a meaningful object on which to hang your life's journey, what might you substitute in its place?
-

(11:00 – 11:30 am) Crossroad Conversation

With ladders and lives shared, those gathered will break into paired conversation to keep learning and leaning into a scale at which relationship flourishes. What will you manage one-on-one or two-by-two or in holy trinities? What and who is best served by a conversation that can't find an audience? *Participation matters.*

(11:30 – 12:00 pm) Settling Together

Before we break for a quiet both deep and wide, we'll take a moment to give voice to all that silence means and makes. *Palpitation matters.*

- Is this a welcome or wild or wonderful or bewildering proposition?
 - What might we learn from one another as we let silence take this much space today?
 - How many different ways can we name and notice silence?
 - What kind of accompaniment might you welcome?
-

(12:00 – 4:30 pm) Sacred Silence

Silence is sacred is scary is supportive is senseless is serious is stirring is shaking is sounding. Consider the following encouragement to create your own pathways to a kind of quiet you might welcome.

- Would you silence and put away your phone for this four-hour stretch?
- Might you take a drive? Or a walk? Or a nap?
- Already spiraling? Consider researching a labyrinth located within easy walking or driving distance. What might you learn on pathways built with purpose?

- Could your journal keep you company? What kind of record of this time might serve your reflections?

Between 4:00 and 4:30 pm, would you make your way back online? Music will be playing from 4:00 pm onward to welcome you back to the sounding world and to one another. *Peace matters.*

(4:30 – 6:00 pm) When Silence Speaks

Coming back together, it is time to lean into one of the four pillars of the 2020–2022 Friday Fellowship experience. Would you reflect on the balance of this day? Or perhaps your processing calls for (more) rest? Or relationship? Or reckoning?

- Where did the day take you? How did you structure this open-ended invitation?
- Did silence or stillness or something else entirely surface in and around you?
- What might you welcome as we wind down, not only this day, but this fellowship experience?

Please attend carefully to the tender places that silence can bring up. Silencing, too. Not all sacred things are for sharing. How will you care for one another as you move toward the evening? What needs to be put in its (proper, purposeful, protected) place to allow for a considered closing of the day's activities? *Processing matters.*

(6:00 – 8:00 pm) Dinner on Your Own

Silence can produce any number of things, including hunger. Might you tuck into something that sounds good? Please take care of your needs. One more session before we sleep. *Please matters. Thank you, too.*

(8:00 – 9:30 pm) William C. Friday Fellows Interview Series (with residential track)

In this one combined session of a two-track weekend, Faculty Fellow Dr. Darin Waters will lead four colleagues in a shared conversation about lives and leadership. We'll be navigating bandwidth challenges and the complexities of coming together across difference and distance. How will we make Annie, Mary, Tiff, and Tim S. welcome? *Participation matters.*

Sunday, January 30, 2022 (residential)
Beginnings and Endings – What’s Next?

THE LIGHT BEYOND THE HILL. Your spiritual journey is measured not by how many answers you have accumulated, but by how many questions you have confronted. We are not gods who must know everything, gatekeepers to truth – we are seekers who look for the truth where it may be most difficult to find. Our wisdom is not in what we know, but in what we wonder. The light beyond the hill calls us to leave the shadows, even if the shadows were our pride and our possession. (Steven Charleston, *Ladder to the Light*, Rung of Action, p. 90)

On this final morning of Seminar Five, Fellows will be packing up and heading out. Before taking leave – from person, from place, from thing – those gathered will sit together once more. There are ladders to be shared and honored, and a closing circle to navigate. What will the future hold? Whose will it be? And what will it take to gather together across moods, motivations, and modalities? Is there a question that will carry all the way to a mountain peak in late May? *Penultimate moments matter.*

(8:00 – 9:00 am) Breakfast and Packing

You should plan on being completely packed and checked out of your room by 9:00 am. Breakfast will be served at the customary 8:00 am hour. Please take care to take your leave with all of your personal belongings. A few more sessions separate you from your journey home. It’s often a good practice to check for any pieces of yourself you might have left unawares or unattended. Can you make it to your car with your full self? If you need support finding or making your way, will you lean on one another? How can you help to carry one another’s load? *Pieces matter.*

(9:00 – 10:00 am) Morning Meeting – Ladders and Learning

With bags and cars packed, will you make your way through one more round of things that matter? It can be easy to rush as the finish line beckons. Will you attend to a measured pace as you hold space for each step, each rung, each one? *People matter.*

- How will you call yourselves in?
- Who might share a centering poem or passage from *Ladder to the Light*? What kind of silence needs to make its way into the room?
- Which values will you name and embody today? Will the Ps sustain? Or is another practice emerging?
- At the core (or conversation) of each morning meeting will be the ladders you built and brought to share. Will you hold space to honor the rungs (made and missing) in one another’s lives? How much reverence will you bring for that which differs and divides and disagrees and differentiates and also dovetails? You can anticipate 3-4 Fellows sharing

in each “Ladder Spotlight” session, leaving enough space to honor the giving and taking, the speaking and listening, the building and borrowing, the constructing and deconstructing – on your own and in community. For those who might welcome them, some orienting questions as you prepare to share something that matters:

- What are you learning from any rungs you might be climbing? Or perhaps yours is a downward journey by choice?
 - Are there rungs you are repurposing for other means? How about those missing or misplaced or meted out or more?
 - If the ladder isn’t a meaningful object on which to hang your life’s journey, what might you substitute in its place?
- Please check for clearness before closing. How will you close out this space together?

Calling In. Centering. Core Values. Conversing. Clearness. Closing.

(10:00 – 10:30 am) Paired Walk

Some will have a long drive home. How might a quick walk or some intentional stretching set you up for success? Do you need to reclaim this time for something else entirely? If there is someone you have been hoping to connect with, now is always a moment. Please be mindful of any depths you attempt this final morning. The day – and this fellowship experience – is moving toward closing. Any kind of clearness questions lingering? Whose fellowship is this? Those who make meaning together. *Perambulation matters.*

(10:30 – 12:00 pm) Closing Circle – Final Questions

In this final session of the weekend, you will wonder about and work through the balance of *your* 2020–2022 Friday Fellowship experience in the service of imagining where Seminar Six might begin and end. In conversation with one another, would you consider the following as targets both moving and moveable approach?

- Are the 4 Rs (rest, reflection, reckoning, relationship) rungs on a ladder, directions at a crossroad, or something else entirely?
- What about the work (or witness) of courage, curiosity, connection, and creativity? Do these lead somewhere? Is leadership a cornerstone or stumbling block?
- Where might the stone and incense and drum and cross gesture? What about the bread we hope to make together in Seminar Six?
- What about all those Ps? Does translation matter? What about ritual? What is the difference between a program and a practice?
- What matters to you? And to the communities you serve?
- If you put it all together (or take it all apart), do these people, places, and things add up to something? And what might the worth of those things be?

With Seminar Five concluding, we have raised all five questions borrowed from the *Fearless Dialogues* methodology. Not readily remembering each twist and turn of this unfolding journey?

[Meredith Doster](#). Wildacres Leadership Initiative. Winter 2022.



Consider revisiting the [2020–2022 fellowship framing](#), a collaboration between lead faculty Meredith Doster and design collaborator Dr. Georgette “Jojo” Ledgister.

What's next? Spend some time talking through this crossroad that invites journeys in all four directions. What final question might hold enough space for you and me and us and them? With a framing question for Seminar Six considered – no consensus required – how will you navigate closure together? Consider revisiting the pinch pots who have been sitting among you. You might hold them in your hands as you make your way toward a final round of clearness and closing. *Pinch pots matter.*

(12:00 – 12:30 pm) Leave Taking

Safe travels to each and every one. As you take your leave, a boxed lunch will be available for your journeys. Please be sure to remember the water on your way out. We'll hope to see you on the mountain for Seminar Six.

We'll see you in Seminar Six!

May 19–22, 2022

Wildacres Retreat, Little Switzerland, NC

May all kinds of things – people and places, too – hold you and yours in the meantime!



Sunday, January 30, 2022 (virtual)
Beginnings and Endings – What's Next?

THE ANSWER IS WITHIN. It is all a circle, the ancestors said—an endless circle within a circle. The drum is a circle. The dance ground is a circle. The earth is a circle. There is no us or them, no top or bottom, no beginning or end, no lines of division—only a seamless embrace. The answer is within. It has existed since before time began, and it will be there long after the last campfire fades. For even if we are not there to see it, the stars will make their great circle of the heavens to mark the way home. (Steven Charleston, *Ladder to the Light, Rung of Action*, p. 96)

On this final day of Seminar Five, Fellows will gather once more to move through practices that have life and death cycles, too. What makes a final day different from all others? Will those gathered keep greeting the day, and one another, and the other, too? Fellows will share ladder learnings before lead faculty Meredith Doster offers an object lesson at this particular fellowship crossroad. A final circle will carry Fellows all the way home; where, of course, they will have been all along. *Possibilities matter.*

(9:30 – 10:00 am) Greeting the Day

As you move through one final morning together, how might your practices shift in tenor and tone to acknowledge a closing, if not closure? What remains to be seen and said and surfaced in time both remaining and dwindling? You'll keep leaning on the familiar in an effort to invite that which matters to tables seated and setting still. What does the greeting of *this day* require? *Participation matters.* Please come prepared to:

- call yourself in;
- center around a word or witness;
- name a value and how it might shape the day's conversations; and
- honor that which needs to be said and shared before Seminar Five concludes.

Calling In. Centering. Core Values. Conversing. Clearness. Closing.

(10:00 – 10:45 am) Ladder Spotlight (Tiff, Jonas, and LaTanya)

If ladders can lead into the light, where might this mornings' musings take those gathered? What will you listen for and learn from as Fellows who have yet to share bring their ladders into a circle that is moving toward closing? Will you return once more to a practice of fellowship? *Parts matter.* Those sharing today might consider:

- What are you learning from any rungs you might be climbing? Or perhaps yours is a downward journey by choice?
- Are there rungs you are repurposing for other means? How about those missing or misplaced or meted out or more?

- If the ladder isn't a meaningful object on which to hang your life's journey, what might you substitute in its place?

(10:45 – 11:00 am) Practicing Pause

What does your body, mind, and spirit need right now? *Particulars matter.*

(11:00 – 11:30 am) Object Lesson

In this seminar's object lesson, lead faculty Meredith Doster returns to the roots of a practice she is sharing with the 2020–2022 Friday Fellowship. Writing from a place where never and forever meet, she reflects on choices and crossroads and crucibles and communities of care.

(11:30 – 12:30 pm) Lunch on Your Own

One final session before you take your leave. What kind of nourishment will get you across the finish line? Please take care of yourself and those journeying with you. We'll see you back online for one more round of this thing called fellowship. *Pass the Ps?*

(12:30 – 2:00 pm) Closing Circle – Moving Targets, Final Questions

In this final session of the weekend, you will wonder about and work through the balance of *your* 2020–2022 Friday Fellowship experience in the service of imagining where Seminar Six might begin and end. In conversation, would you consider the following as a target both moving and moveable approaches?

- Are the 4 Rs (rest, reflection, reckoning, relationship) rungs on a ladder, directions at a crossroad, or something else entirely?
- What about the work (or witness) of courage, curiosity, connection, and creativity? Do these lead somewhere?
- Where might the stone and incense and drum and cross lead? What about the bread we hope to make together in Seminar Six?
- What about all those Ps? Does translation matter? What about ritual? What is the difference between a program and a practice?
- What matters to you? And to the communities you serve?
- If you put it all together (or take it all apart), do these people, places, and things add up to something? And what might the worth of that thing be?

With Seminar Five concluding, we have raised all five questions borrowed from the *Fearless Dialogues* methodology. Not readily remembering each twist and turn of this unfolding journey? Consider revisiting the [2020–2022 fellowship framing](#), a collaboration between lead faculty Meredith Doster and design collaborator Dr. Georgette “Jojo” Ledgister.

What's next? You'll spend some time talking through this crossroad that invites journeys in four directions. **What final question might hold enough space for you and me and us and them?** With a framing question for Seminar Six considered – no consensus required – the countdown can begin. Please have your pinch pots close by for a final round of clearness and closing. *Pinch pots matter.*

We'll see you in Seminar Six!

May 19–22, 2022

Wildacres Retreat, Little Switzerland, NC

May all kinds of things – people and places, too – hold you and yours in the meantime!



SINCE TIME BEGAN. I have seen prayer flags fluttering in the thin and cold mountain air, bright bits of color against a turquoise sky, flags of love and compassion. I have seen candles flicker in the hushed vaults of cathedrals, tinley lights in the peaceful darkness, signs of longing and gratitude. I have seen dancers moving feathers and fringe beneath the moon, circling the drum that summons them, ancient steps retraced a thousand times. I have seen my own words rising, dreams of healing rising into stillness, streams of smoke rising from a fire burning since time began.

(Steven Charleston, *Ladder to the Light*, Rung of Transformation, p. 167)