

Power of Enough Workshop Facilitator's Guide

Purpose of the manual: To provide basic pieces for facilitators to create and run a Power of Enough Workshop of varying durations

Power of Enough Workshop Overview and Goals

How can I balance my use of time, energy, money, and “things,” to free myself to contribute to right-order in our world?

Do you:

- Have faith that God has given us an abundance of all we need (time, energy, skills, things) to do the work we are called to?
- Struggle to keep balanced and centered because you take on more than you are called to do?
- Faithfully make space for God to act in the work you've been given?
- Have too many things cluttering your life?

The Power of Enough workshop invites participants through queries and experiential exercises to approach these aspects of our lives, as individuals and as a community. We will reflect on the implications of our choices and how they ripple forward to others

Goals

- Recognize how each choice I make ripples out and touches other people and the planet.
- Reframe perspectives and potentially change choices & behavior.
- Share insights with others and support ongoing learning.
- Build relationships and continue to engage as a community around these questions

We begin this manual with a question. “How can I balance my use of time, energy, money, and ‘things,’ to free myself to contribute to right order in our world?”

Which could just as easily be stated: “How can I balance my use of time, energy, money, and ‘things,’ to free myself to contribute to God’s work in our world.” We

encourage you to think about the language that might move your audience to understand this challenge.

For some, the question is a religious imperative, for others it is a moral imperative, and for others a recognition and respect for a connected global community. In Buddhism, for example, the practice of Right Relationship is about aligning ourselves with ourselves, with others, and with the world in such a way that these relationships will both create and reflect harmony, kindness, and care.

It can be easy in discussions to engage these topics intellectually, forgetting to connect with the emotional and spiritual aspects. The exercises are structured so that participants can consider this topic holistically, in a whole or holy manner. This includes an understanding of ourselves not just as individual, separate actors but as communities, or as Quakers might call it: covenant communities. Every choice made ripples out and touches other people. Those who don't resonate with God or Spirit language can still resonate with the ideal of some kind of universal connector. Please adjust the language of the exercises to meet your audience where it is. For example, one practice that comes from the Quaker tradition that is referenced throughout the agenda is [worship sharing](#). If the word "worship" is an obstacle, you can rename the activity.

General Principles for Facilitation

A facilitator encourages group cohesiveness and direction throughout the participation process. The facilitator must manage the group involvement process, ensuring group members are treated as equals, encouraging group discussion, suggesting decision-making and problem-solving alternatives, guiding toward resolution, and promoting development of actions and follow-up plans. In providing leadership, the facilitator must help team members be sensitive to other members, involve all members, and establish and maintain group norms to help everything function effectively. Find more helpful tips for facilitation [here](#).

We encourage participation in a Power of Enough workshop before facilitating to experience the spirit and the values of this offering. Please reach out to us at rswr@rswr.org to learn about workshop opportunities, or if you have any questions.

Agendas

Feel free to adjust agendas to your desired focus and timeframes. These are structured to be around 90 minutes each, with suggested times for each exercise. If you facilitate any of these in your community, we'd love to hear how it goes, and are especially interested in any feedback you may have that would help improve this Facilitator's Guide. Email us at rswr@rswr.org. Downloading this as a text document rather than as a pdf may be helpful in adapting this to your particular circumstances (to easily add, remove, or edit parts). A slideshow with different elements that are especially useful for online workshops is available [here](#).

Materials Needed

Only for a few of the exercises will you need additional materials. It may be helpful for some exercises to have poster paper and markers (or to use a digital white board if meeting online). Even when meeting in person, you may find it helpful to project the slideshow onto a screen. During the last session one can bring in a variety of materials for a creative exercise, though just having pencils and paper is enough.

Section 1

What is Essential? and What do I need in my life?

Summary: We will examine the specific things that we need and want, and start to explore what gratitude is and what we are grateful for.

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|---|--------|
| Settle in with silence as people gather, then welcome them. Share briefly about RSWR and the focus of this workshop: How can I balance my use of time, energy, money, and “things,” to free myself to contribute to right order in our world? | 5 min |
| Gathering: Share your name, home, meeting (if applicable), and what inspired you to participate in this workshop. | 15 min |
| Share expectations and group agreements (slideshow), ask for additional suggestions. | 5 min |

Ask “What is essential” and “What do I need in my life?” Have participants journal or silently reflect for 3 minutes.	3 min
Put participants in groups of 3 for 5 minutes to share their responses, and anything else that comes up as a response to those questions.	5 min
With the whole group, ask participants what came up. Have a co-facilitator write the responses on a poster paper or a digital whiteboard. Do you notice categories or themes coming up?	10 min
Circle or indicate in some way ones that might be grouped up together. For example there might be a category for survival or basic needs (food, air, water, heat/cold, shelter, clothing, safety, health) and another for thriving (love, communication/community/family/relationships, education, sense of purpose, faith/God, celebration, nature, music). Other categories might include outliers (vacations, hobbies, purchases that might be found exotic). As time allows, you can ask other questions: Did anything come up that was unexpected? What did you notice/learn?	
Ask people what gratitude means to them. They can share them aloud or put them in the chat if online.	5 min
Individually, take some time to reflect/write/draw in your journal using one of the following prompts. I am grateful today for... I am grateful when... I am grateful when I have...	5 min
In groups of 4, share what came up during the reflection time	15 min
In large group, ask: What caught your interest (did you notice) when listening in the small groups? What does gratitude have to do with our earlier discussion of what is essential, and what is needed?	5 min
Worship sharing on what is rising for participants if there is time remaining.	10 min
Close the session, suggest writing a gratitude journal as homework. Write 3-5 things each day that you are grateful for.	5 min

For additional homework one can experiment. There are many items and habits in our life that aren't essential. What would it be like to let go (go without) one of those things for a while. Give this a try, and then discuss it with a confidant.

Resources

"The Lord is my shepherd, I have all I need." Psalm 23:1 New Living Translation

"This is how I show my faith as Son in the Father: not by asking to get what I need, but by trusting that I need what I get." Brother David Steindl-Rast, [Gratefulness, the Heart of Prayer](#), page 112

[Maslow's Hierarchy of Needs and... Supremacy, Neo-Colonialism, and International Development](#)

[Adult Gratitude Calendar](#) and [Gratitude Curriculum for Adults](#)

Section 2

How has the culture around me and my life experience shaped my perspective on need vs want/desire?

Summary: We will look at what has shaped our relationship/understanding with need and want.

Settle in with silence as people gather, then welcome them.

5 min

Ask participants to share one word about how they're feeling (go in order or randomly share) Hold that in silence for a minute

15 min

Put people in pairs, give them 2 minutes each to share what is coming up around gratitude.

Come back to the whole group and ask for what people noticed that they'd like to share

Ask participants: Think of a personal story from your life that shaped your perspective on need versus want/desire, and that you will be willing to share. Give them a minute of silence to reflect upon what they'd like to share. You can encourage people to share stories and experiences from their family of origin, work, travel, education, etc.

15 min

Put participants in groups of 3 and give them 4 minutes each to share in the small groups.

In the whole group, ask one person to share an example of what they shared in the small group to help people to get started talking together in the whole group space. Then ask the following questions as time permits and as seems appropriate. 10 min

- What thoughts are coming up after sharing and hearing from others?
- How do different cultures and subcultures contribute to this?
- How do different economic systems contribute to this?
- What have I been given without having to ask for it?
- How does my ancestral story, my personal history, and my current life inform my sense of want vs need?

Note: We essentially make decisions emotionally; debrief culture of fear & scarcity and how the visible & invisible history affects who we are now and how we make decisions.

Share the Adam Hamilton quote: “Lord, help me to be grateful for what I have, to remember that I don’t need most of what I want, and that joy is found in simplicity and generosity.” In the same small groups as before, share your individual reflections on that quote, and the group will compose a one sentence prayer representing your conversation. Suggest 5 minutes for sharing reflections and 10 minutes for creating the prayer. 15 min

Gallery walk: Post prayers on walls and stroll around the room (or post quotes in the chat and read them aloud), read the contribution from each small group and write comments next to the contribution. Do you agree/disagree, is this idea new to you? Do you want to know more? 10 min

Whole Group: What did you notice when you took the gallery walk? 5 min

With remaining time, worship share on what you are noticing or whatever is on your hearts. 10 min

Close the session. For homework, encourage continued gratitude journaling. And as you experience those things which you are writing in your gratitude journal, notice the emotions, and especially the felt bodily sensations that arise in those moments. For extra credit, when you're experiencing too much or too little, also notice emotions and bodily sensations. 5 min

Resources

[Generosity Video](#)

[Reading about gratitude and feeling feelings fully - It's Very Possible To Be Both Happy And Well-Informed by Caitlin Johnstone](#)

Section 3

What helps me be in a power of enough space?

Summary: We will reflect on what too much, too little, and enough feel like - noticing both the external and internal experiences in these moments.

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| Settle in with silence | 5 min |
| Gathering: Make a sound or movement for how you're feeling today | 10 min |
| Lead a guided body scan meditation or an embodiment exercise . Emphasize that people should feel what's going on in their bodies. | 10 min |
| Give the three questions below to participants to silently reflect upon for several minutes. Each person will have 5 minutes to answer all of the questions in groups of 3 (they'll have 15 minutes altogether). Suggest that their answer might not be a "thing" like money but something else like time, activity, relationships, work, food, etc. Describe both the internal and external, what happened and the connected feelings. Ask people to notice what is happening with them in mind, body and spirit in their experiences. Share Goldilocks story, or eating ice cream, as an example. | 20 min |
| Share a time when you had too much of something and describe what that felt like | |
| Share a time when you had too little of something and describe what that felt like | |
| Share a time when you had enough and describe what that felt like | |
| When back in the whole group, have poster paper or a digital whiteboard ready, with two columns: too much / too little, and space underneath at the bottom for "enough." For each of the 3 categories, ask someone to share their story and then ask them what feelings were connected to that experience. Ask what feelings other people had in their experiences of this, and note the feelings on the poster paper or digital whiteboard. Ask for any rising thoughts or general observations before moving to the next category (too much, then too little, then enough). | 15 min |
| Note the connection between feelings of too much and too little; the joy and peace in feeling enough. | |

In groups of 4, give each person 4 minutes to share their response to the following question: Share a time when you were thriving and in balance, in your “power of enough” space. Describe what was going on externally (what was going on around you) and internally (mind, body, and spirit). 20 min

When back with the whole group, ask one person to share their own example, then ask the following questions 10 min

What helps you to be in your power of enough space?

What gets in the way?

Ask the whole group what is coming up for them.

Close the session. For homework, encourage continued gratitude journaling. 5 min

Resources

"The real threat is that God may let us have it our way until we are nauseated by what we most desired. To be stuck in what we have found is no better than losing ourselves in the seeking. Sooner or later we begin to realize that our finding is not really what matters, but our being found. We come to see that our knowing the way is not what matters, but our being known." Brother David Steindl-Rast, [Gratefulness, the Heart of Prayer](#), page 130

Section 4

Interdependence & what is my next step?

Summary: Recognize that we are all connected

Settle in with silence. 5 min

Worship sharing on “What helps me be in my Power of Enough space” or whatever is arising. 10 min

Put participants in groups of 3 or 4 to play the [Infinite Story](#) game and give as a guideline that each person will contribute 2 or 3 times to the story. 10 min

With the whole group, ask: 10 min

When were you independent during the game?

When were you dependent?

When were you interdependent?

What’s the difference between dependence and interdependence?

- Put participants in pairs, give them 4 minutes each to respond to the following questions: How in my life do I live into interdependence? Where and when am I resistant to that? 10 min
- With the whole group, ask: 5 min
- What did you notice?
 - How is my enough connected to your enough?
 - What is the relationship between gratitude and interdependence?
- Have participants reflect silently (or journal) for 5 minutes on the following question: What is my next step? A concrete action or new habit that I can commit to that will increase my being in my power of enough. Who might I ask to support me? Suggest that this be a small baby step, something doable and concrete. Put participants in groups of 3, and give them 4 minutes each to share. 20 min
- When back with the whole group: Worship share, inviting people to share their own next step or new habit that will increase being in their power of enough (as it can be helpful to hear others' steps) or what is rising in this moment. 10 min
- Close the session. For homework, try out your next step (or perhaps just a part of your next step). And when you do so, practice noticing what is going on for you in mind, body, and spirit. Encourage continued gratitude journaling. 10 min

Resources

"We are not so much isolated individuals as we are overlapping environments, and ... we have the capacity to know ourselves in this way." Mark Epstein, [Going to Pieces Without Falling Apart](#), page 135

Section 5

How can the power of enough change my life and that of my human family around the world?

Summary: We will engage in a group project with possibly mixed materials to explore how power of enough connects our lives to others.

- Settle in with silence. 5 min
- Ask participants to raise their hands if they have fun with creative things. Note who raises their hand so you can intersperse them in the small groups for the next exercise. 45 min

Put people in groups and ask them to create something that is the group's answer to the question "How can the power of enough change my life and that of my human family around the world?" It could be a drawing (one drawing), a song (already existing or written together), a collection of objects (responding to an identical concept for each person) and a story that links them, or something else. This is a collaborative exercise. For 20 minutes they will discuss and answer this question, then for 20 minutes they will create something that tells the story of their answer. There will be many aspects and no "one" answer. The goal is to choose an answer that resonates with everyone in the small group, then create something to represent the group answer.

Each group will present their creation. Ask the others (who aren't in the group presenting) what they notice in the presentation of each group. Then ask each group to share about their conversation that led to the creation, and describe the message in what they created. 10 min

Worship share on what I am taking away from our time together, or on how the power of enough can change my life and those of my human family (and ecology) in the world. 15 min

Close the session 5 min

Interested in more? Check out the [Power of Enough Resource Guide!](#)