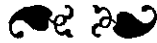


Appendix B



Tools for Groups

MEETING PROCEDURES

Breathe together. Connect. Choose facilitator, vibeswatcher, timekeeper, and notetaker. Check-in.

Review agenda and make changes, or call for agenda items, establish priorities, and set times for each.

Go through the agenda.

Take breaks. Stop to periodically check how members are feeling, and to breathe.

Evaluate the meeting.

Set the next meeting date, time, and place.

Close.

RITUAL PROCEDURE

Gather people and explain the ritual. Introductions. Check-in.

Ground and center. Hold hands and breathe together. Tree of Life.

Purify.

Make sacred space. Invoke the four directions.

Invoke the Goddess and God.

Create the image upon which the energy will focus

Raise the cone of power.

Ground the power.

Share food and drink.

Say goodbye to the Goddess and God, and to the four directions.

Open the circle.

QUESTIONS FOR KEEPING TRACK OF GROUP STRUCTURES AND PROCESS

(These are useful in self-criticism sessions.)

1. Why did I come to the group and what do I want from it?
2. What is the group doing well? Poorly? How do I play a part in each?
3. How much time do I take up as compared with others?
4. How much attention do I get as compared with others? Compared with what I want?
5. How much do I listen to others? How present am I?
6. Am I getting the information I need in order to participate in the work of the group? If not, why not?
7. What am I seeing, thinking, or feeling that I'm not saying?

8. How central am I to the group? How much influence do I have? How much do I want? Over which decisions?
9. With whom do I talk most outside the group?
10. How much structure do I want or need in the group?
11. How much closeness do I want or need? How much can I tolerate?
12. How important is the group to me? What priority does it have in my life? How committed to it am I?
13. What are the unspoken rules of the group?
14. Is what I am doing or saying serving the interest of the group or my personal hidden agenda?

SOME TOPICS FOR ROUNDS OR ACTIVE LISTENING

There are an infinite number of possible topics, but these may get you started. Note that broad topics are tackled from a specific, personal angle. We don't do a round on "sexism," we do a round on how being a woman or man has limited us.

1. How has being a woman/being a man limited me? What possibilities has it offered me that I wouldn't otherwise have had?
2. What are the strengths I bring to the group from my specific racial, ethnic, or cultural background? What needs do I have from the group?
3. How has my experience of life been limited or enriched by my class background? What strengths and weaknesses has it given me?
4. How has violence affected my life?
5. In what situations do I now feel powerless? When do I feel empowered?
6. How would my life be different without the threat of nuclear war?
7. What do I do to make money? What do I have to give up to do what I do?
8. What do I do with my anger?
9. What problems do I have with love relationships?
10. How do I expect to die? What feelings does this question evoke?

Appendix C



Chants and Songs

The Fire Song

Words and music by Starhawk

*We can rise with the fire of freedom
Truth is a fire that burns our chains
And we can stop the fire of destruction
Healing is a fire running through our veins*

I wrote this chant especially for a blockade at the Livermore Weapons Laboratories, which took place on February 2, 1982. The second of February is the Celtic holiday sacred to Brigid, Goddess of smithcraft, poetry, and healing.

We can rise with the fire of free-dom

Truth is a fire that burns our chains. And we can

stop the fires of des-truc-tion

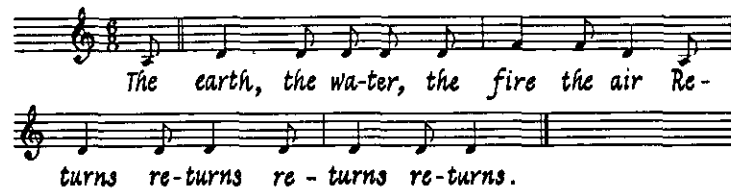
Heal-ing is a fire run-nin' through our veins

The Return

Native American

*The earth, the water, the fire, the air,
Return, return, return, return.*

One version of this song is sung by Michael Tierra on a tape of chants called *The Giveaway*.



The Flow and the Ebb

Words and music by Shekinah Mountainwater

*We are the flow, we are the ebb,
We are the weavers, we are the web.*

I learned this chant in the women's jail at the Diablo Blockade. As we were ending our ritual on the Equinox in a moment of sweet silence, the guards told us we had to go back into the main room. Someone quietly began chanting this, stood up, took the hand of the woman next to her, and led a snake dance into the room where the other women were. We circled the room and everyone in it, making the perfect end to the ritual. I thank Shekinah Mountainwater for sharing this chant.

