

ASK THREE QUESTIONS

O
B E I N G | **Civil
Conversations
Project**

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INSTRUCTIONS

Thank you for doing whatever it took to get here. These three questions are designed to help you share how you're feeling after the election, imagine possibility, and take courage.

This process is done best in small groups of 4-5 people in a 2 hour window. We have offered language for the questions and some closing words. Feel free to adapt the wording or structure as needed.

This may feel totally comfortable or perhaps a little strange. Just know that you are joined by many before you and around you, and that you are needed here.

INGREDIENTS:

No phones.

A candle.

Quiet, private space that will not be interrupted.

STEPS FOR HOSTS:

1. Once everyone has arrived, ask everyone to turn off their cell phones or put them on silent and place them in a bowl or basket somewhere outside of the circle.
2. Gather in a circle.
3. Place the candle in the center of the circle and ask someone to light it.
4. Read the following paragraph aloud:

In this circle, we have full permission to be exactly who we are and feel exactly how we feel. There are two expectations: that what we share stays here, and that we give each other the fullness of our attention, to the best of our ability. We will go around the circle three times, clockwise, starting with the person left of the host. Each time, we have the chance to answer a question. If one of us prefers not to speak when it is our turn, we can just say "pass." Once everyone in the circle has had a chance to answer that question, the host will ask anyone who has not spoken if they wish to speak. Once again, if we prefer not to speak, we can just say "pass."

5. Begin with a moment of silence
6. When the last person has shared their response to the third question, invite someone to read the blessing aloud.
7. If you all feel comfortable, share a photo of your candle with the hashtag **#askthreequestions**.

LIGHT A CANDLE

SIT TOGETHER FOR A MINUTE OF SILENCE

1

WHAT ARE YOU FEELING?

One way into this question is to ask yourself, in the words of [Ruby Sales](#), where does it hurt?

2

WHAT IS THE COUNTRY
THAT YOU LONG FOR?

3

AS YOUR BRAVEST SELF,
WHAT DO YOU DO NOW?

CLOSING WORDS

We are a circle

Around a flame

We have asked three questions

Not to find answers, but companions

for the journey ahead

We may not yet know the way

But we know that one flame

Can light a thousand more

Let ours be love

And let it grow

CONTACT

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