

## Sacred Stories

Sacred Stories provides an opportunity for small, intimate groups to share their spiritual journeys - to tell their stories and to listen to others as they tell theirs.

Several years ago Fr. Jim Adams introduced Sacred Stories to his parishioners at St. Alban's Church in Cape Elizabeth. As he explained it to us it sounded intriguing, fascinating, and a bit scary, all at once! It involved 8 or so people, including the Rector and Deacon, gathering in each others' homes, once a week, to tell our stories. Jim compared our stories to a brook, with its twists and turns, bumps and smooth places, ups and downs. What were our childhoods like? Who were/are the heroes in our lives? What does our faith mean to us? What are we most grateful for? What has hurt us the most? What has brought us to this place at this time? What were the pivotal moments in our journey?

Sounds daunting! But it is amazing how meaningful - holy, even - it becomes as we not only write our own story, but also as we listen to others telling theirs. The groups become incredibly close, as you can imagine.

How does it work? Pretty simple. Once a week the group gathers in individual homes. Coffee, cider (wine,even!) can be served, with a simple snack to go along with it. Then the group gathers in a circle, and after a prayer, the first storyteller begins. The story should last no more than about 20-30 minutes. It is very important that the story be written down. After the first storyteller is finished, there is a short time to ask questions, clarify what has been heard, etc. Then the second story teller tells his/ her story. There are two stories each evening. Jim always had a simple communion service at the end of the evening, around the kitchen or dining room table.

It is imperative that each member of the group attend ALL sessions. Obviously, discretion and complete confidentiality are very, very important, as all members need to be able to trust each other in a safe and loving environment. Many members of St. Alban's who participated in Sacred Stories have said that it was really a life changing and truly holy experience for them.

For more information, contact The Rev. Audrey Delafield at 799-8786.