

Spirituality, Hope, & Healing

*Community Conversations on
Trauma, Justice, & Resilience*

by Rev. C Perry Dougherty



STILL HARBOR

Spirituality :

**Relationship to and experience
of self, other, and**

**Sacred/God/Mystery/Higher
Power as one defines it.**

Spiritual Intelligence

Spiritual Intelligence (SQi) Skills

Quadrant 1: Higher Self/Ego self Awareness

1. Awareness of own worldview
2. Awareness of life purpose (mission)
3. Awareness of values hierarchy
4. Complexity of inner thought
5. Awareness of Ego self / Higher Self

Quadrant 3: Higher Self/Ego self Mastery

12. Commitment to spiritual growth
13. Keeping Higher Self in charge
14. Living your purpose and values
15. Sustaining your faith in tough times
16. Seeking guidance from Higher Power or Higher Self

Quadrant 2: Universal Awareness

6. Awareness of interconnectedness of all life
7. Awareness of worldviews of others
8. Breadth of time perception
9. Awareness of limitations/power of human perception
10. Awareness of Spiritual laws
11. Experience of transcendent oneness

Quadrant 4: Social Mastery and Spiritual Presence

17. A wise and effective spiritual teacher/mentor
18. A wise and effective change agent
19. Makes compassionate and wise decisions
20. A calming, healing presence
21. Being aligned with the ebb and flow of life

Hope :

A feeling or experience of trust, faith, or belief in something different than today.

Healing :

The process of change that allows for the restoration of health and wholeness.

**A few things
I know to be true
about trauma...**

**The power of story,
testimony,
voice...**

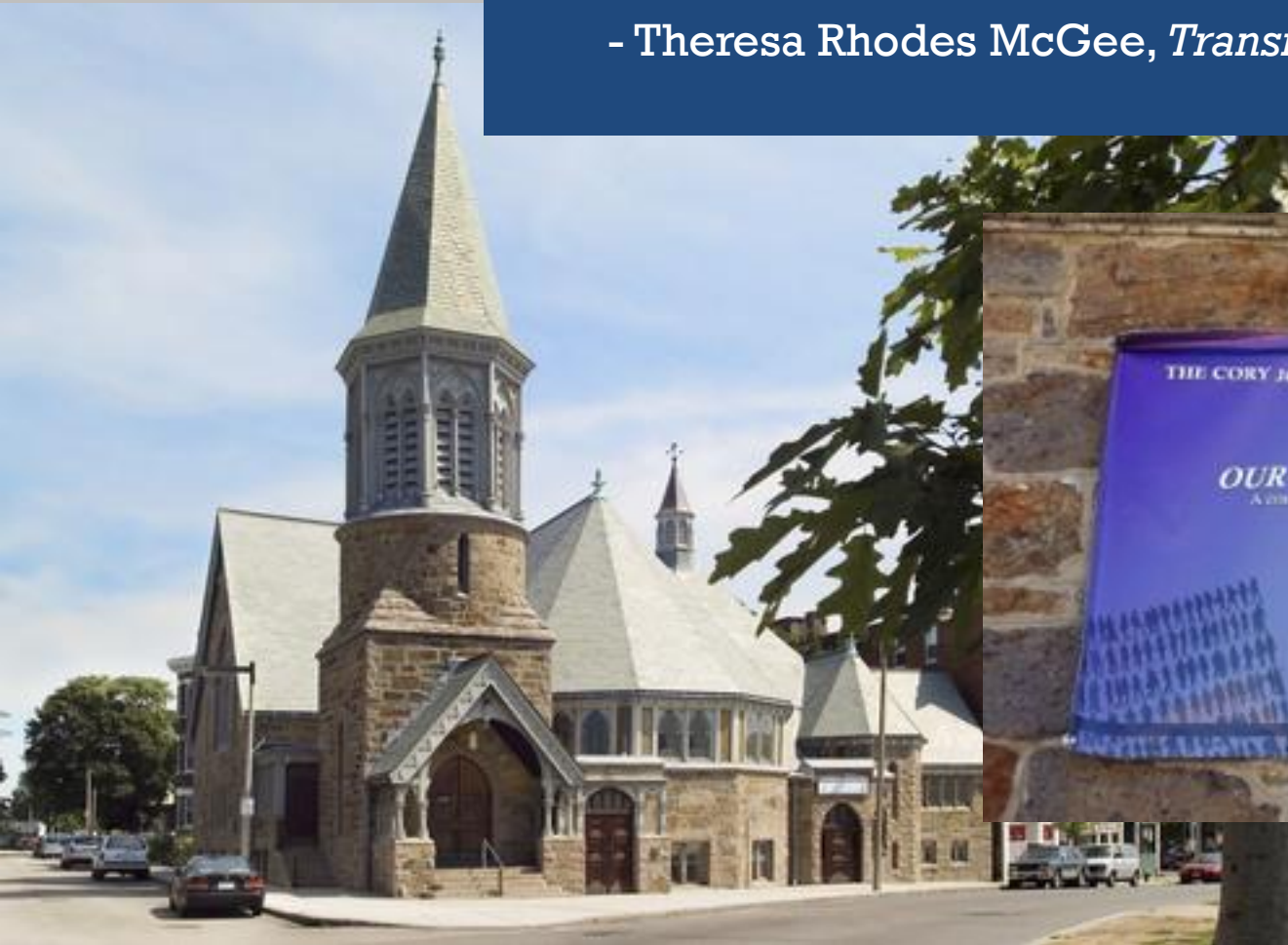
Safety

Story

Connection

*“Healing from trauma
is as multi-dimensional
as the wound itself.”*

- Theresa Rhodes McGee, *Transforming Trauma*



Our Voices, Our Stories

Community Companions

- Trained in trauma 101, deep listening, personal narrative
- From community, history of trauma themselves

Monthly Community Events

- Open to all (not Christian)
- Community meal
- Space, tone held by facilitator (only for open, close, as needed)
- Music, dance, poetry interspersed throughout

Small Groups

- Grief Groups with clinician
- Peer Support Groups with community companions

“When I walked into this place, I felt like it was a place for healing. The spirit in this room—you can feel it. It’s an anointing. There’s an anointing spirit in here. We’re healing each other.”

*- Participant,
“Our Voices, Our Stories” Program at Roxbury
Presbyterian Church in Roxbury, MA*

Safety

“This is the first time I’ve talked in front of a group where I don’t know a soul. It’s because of those who will embrace your tears that you can heal. You have to tell the story again and again to heal.”

*- Participant,
“Our Voices, Our Stories” Program at Roxbury
Presbyterian Church in Roxbury, MA*

Story

“This now has become a community. Each of us is here to listen and to hold each other in healing.”

*- Participant,
“Our Voices, Our Stories” Program at Roxbury
Presbyterian Church in Roxbury, MA*

Connection

Spiritual Wholeness

Isolation

Connection

Doubt

Faith

Despair

Meaning

Anger

Compassion

Fear

Love

Judgment

Forgiveness

Suffering

Liberation

**The power of
community,
companionship,
witness...**

*“For, in truth, in this world
hatred is not appeased by
hatred; hatred is appeased by
love alone. This is the eternal
law.”*

- Dhammapada

“Founding itself upon love, humility, and faith, dialogue becomes a horizontal relationship of which mutual trust between the dialogues is the logical consequence.”

- Paulo Freire,

Pedagogy of the Oppressed

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