



The Art, Science & Practice of Sacred Relationship

CIRCLES OF TRUST©/CEILI DE GROUPS

An Essential Component of the Apprenticeship

- Every anamcara apprentice commits to participate in a monthly meeting with a group of fellow apprentices. This commitment is an essential part of the Anamcara Tradition 'pillar' called COMMUNITY.
- Depending on circumstances, these sessions can be held in person or virtually. Meetings will be scheduled on the dates and times as agreed upon by each group member.
- The model for our Circles of Trust© group process is based on the well tested wisdom and international experience of the Center for Courage & Renewal.
- In the *BECOMING ANAMCARA* Apprenticeship, small groups are called CEILE DE (an old Irish term meaning Circle of Soul Friends).
- This regular opportunity for support, peer supervision and mentorship is at the heart of the apprenticeship program. In the Anamcara Tradition, neither personal contemplative practice nor healing skills are sufficient. Regular participation in a Ceili De group is essential since "an anamcara never goes it alone."
- The monthly Ceili De meeting has three distinct yet inter-related purposes:
 - ✓ To offer support for apprentices in remaining faithful to the work of their inner life
 - ✓ To become a community of compassionate and loving support and peer-to-peer mentorship throughout the apprenticeship experience.
 - ✓ And especially in the second year of the Apprenticeship, to share learnings and questions regarding the healing arts and skills being applied in real life situations.