

WEEK SEVEN

**CONNECTING TO CREATION: SHARING A MEAL OF INTENTION**



**AWAKE** (5-10 MINUTES)  
CHECK-IN  
INTRODUCTION



**AWARE** (5-10 MINUTES)  
THE WHY



**ALIVE** (10-15 MINUTES)  
GROUP RESEARCH



**ABIDE** (25-30 MINUTES)  
MINDFUL EATING: SHARING A MEAL OF INTENTION



**ARISE** (5 MINUTES)  
REVIEW HOME PRACTICES  
CLOSING BLESSING