

Wisdom Seekers

The Power of Storytelling

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Wisdom Seekers Housekeeping

- Help yourself to a journal (write your name on the front)
- Sign the “borrow list” if you would like to borrow *The Healing Power of Stories*
- Plan: Post course PowerPoints on the McKinley Facebook page

Housekeeping

- Lunch is available for everyone; sign the book if you would like to stay for lunch
- Noon-2, Beto O'Rourke, Desiree Tims speaking here today

Greet Your Neighbor

- Welcome back, Wisdom Seekers!
- Greet Your Neighbor

Who am I, really?

- _____
- _____
- _____
- _____
- _____
- _____

Who am I in the cosmic story?



Who Are You?

- *You are your stories.*
- You are the product of all the stories you have heard and lived...
- They have shaped how you see yourself, the world, the cosmos, and your place in it.
- Your first great storytellers were home, school, popular culture, and perhaps church or another place of worship.

What Is a Story?

- A story is the telling of the significant actions of characters over time.
- There is no story until there is a telling.
- A teller is someone with something to say who believes that someone else, somewhere, wants to hear it.

Learning a Family Story

- Hear
- RAM
- A “word” I heard
- Examine
- Visualize—create a storyboard
- Connect
- Tell

Connections: Tell about...

- What was going on in the world at the time you were born; who was the political leader
- Oppression your people suffered
- Your parents and the circumstances of your birth—where you were born
- How you were cared for you when you were born

Wisdom: Knowing Our Stories

- “By identifying the stories that form us we can better understand ourselves and others, can more purposefully live the stories that sustain us, and can heal or replace the stories that do us harm.”
- “Knowing our stories more fully makes us better able to be active characters in those stories rather than passive spectators.”

Family Stories

“Our understanding of who we are begins with the stories the family tells to us and tells about us.”

Story-Work

- The questions on your handout are story prompts. Give each one enough time to allow the stories to arise.
- Pick two or three stories for your journal.

Story-Work: For each story...

- Write down key words or phrases that come to mind as you recall it
- Divide the story into two to four main parts and create a storyboard
- Review the story out loud using your storyboard
- Jot down answers to the story evaluation questions

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