

Sufficiency is our stand that there is enough for all and our promise of a world alive in this fundamental freedom. ~ *The Sufficiency Foundation*

Suggested Guidelines for Starting Sufficiency Call Groups

A sufficiency call group can be started by a group of committed people anywhere who are interested in supporting one another in finding sufficiency and practicing it in every area of life.

Here are some guidelines recommended by people who have participated in sufficiency call groups for several years or more:

1. Identify a group of 4-8 people interested in exploring and expanding sufficiency in their lives and communities.
2. Agree that supporting one another's sufficiency in all areas of life is the primary purpose of the call group.
3. Ask that people read *The Soul of Money* by Lynne Twist. *The Trance of Scarcity* by Victoria Castle and *Obtaining Your Financial Black Belt* by Lester Traband also give good background on sufficiency vs. scarcity in modern life.
4. Agree on an hour's call at a specified time during the week and choose a conference call number. FreeConference is one source of conference numbers: www.freeconference.com.
5. Get everyone's agreement to be committed call group members. An atmosphere of trust, confidentiality, and dependability will support all involved.
6. Designate one person to lead the call for the first few months. After that, a protocol for taking turns leading can be established.

7. Start a “buddy” system, with call members paired up for daily, one-on-one support in practicing sufficiency. Buddy calls can be anywhere from a few minutes to much longer, and buddies are shifted every few months. It’s recommended that buddies concentrate on sufficiency practices, though they will probably become good friends in the process of their sharing.
8. Consider having inspirational readings and/or a meditation to begin and end each call.
9. Possible conversations for sufficiency calls include:
 - Sharing personal declarations like, *I am sufficient. I have enough and I am enough, just as I am.*
 - Reading sufficiency sources like *The Soul of Money* together.
 - “Going around the circle” sharing personal experiences like sufficiency of time, love, well-being, and money.
 - Sharing feelings or events of the last week with each other, from the standpoint of being in sufficiency.
10. Agree to support one another in making a pledge of money in an amount that empowers each individual. Since money is a fundamental area of scarcity and fear in modern culture, pledging money is a way to declare and stand in one’s own sufficiency - the ability to be empowered and capable in each moment - and, simultaneously, to contribute to the sufficiency of others by keeping money and other resources in flow. Pledging is a unique way to support one another in standing in each person’s greatness, or sense of living fully and being joyfully realized as a person and a participating member of a community. Pledge amounts can be anywhere from zero dollars to much more, and are often made on a yearly or monthly basis, as in, “I pledge \$25 a month as an expression of my sufficiency.” It is recommended that people “try on” different amounts to see what empowers them.

11. The Sufficiency Foundation is one organization designed to support individuals and groups in their own sufficiency with money. The Foundation serves the dual purpose of helping people arrive at a pledge amount that empowers and excites them to live in their own greatness *and* keeps monies received in flow by sending funds to organizations at work for sufficiency in the world. The Foundation has developed a tool, the “pledging conversation,” to aid people in finding their own sufficiency with money. A pledge amount is arrived at by a process of questions and careful listening, and works well in groups of three or more people. The only “rule” is that participants engage in good faith in conversations that challenge each other to keep waking up into a new, empowering reality. A transcription and audio recording of one pledging conversation, as well as pledge forms, are available at www.sufficiencyfoundation.org.
12. Agree that sufficiency is a personal experience unique to each individual. Choosing sufficiency happens again and again in each moment, by each person in her/his own life. Other call group members support this practice by listening carefully, intending each other’s sufficiency and well-being, and offering suggestions after receiving the agreement of the person sharing.
13. Paying attention to language is an important practice of a sufficiency call group, since sufficiency often begins with a verbal declaration. Call group members often find themselves speaking in a new way, using words that involve possibility, appreciation, and satisfaction rather than ones that indicate limitation, lack, hesitation, or fear.
14. At the beginning of each year, consider supporting fellow call group members in creating Accomplishments, or intentions that help create sufficiency for the year to come. Accomplishments are written in the past tense, and might say things like,
 - “In 20__ I joined a health club and got my weight down to what I weighed in college and I feel great!”
 - “This year I finally mastered organizing my schedule, noting everything that needed to be done and checking my calendar several times a day. This gave me the confidence to relax, knowing that everything was being taken care of – a real sufficiency of time!”

- “My son and I had some honest, heart-to-heart talks this year about what he wanted for his life. Now it feels like we can talk about anything. My heart is overflowing with love for him and he sees that I am not judging but holding him as a sufficient human being, in all respects.”

At the end of the year Accomplishments for the prior year are reviewed and completed, leaving people with a sense of accomplishment and allowing them to move on to create the year to come in freedom, possibility, and fun.

15. Sufficiency calls involve being related in community and open to community input and discussion, a willingness to listen deeply and contribute honestly, and simply experiencing how great it is to have fellow call group members holding each other to their intentions and highest good.
16. Sufficiency calls may also involve being willing to deal with challenges of schedule or personal interactions, working through any tough spots with honesty and through processes rooted in sufficiency.
17. Once groups have been together for some months and have mastered finding sufficiency as individuals and as a group, they may want to consider ways of bringing sufficiency to their families, groups, and communities by means like starting new sufficiency call groups, holding workshops on an area of sufficiency like “The Sufficiency of Well-Being” or “The Sufficiency of Love.” They might write an article about sufficiency for the local paper or acknowledge someone in the larger community for living the principles of sufficiency. Ways to bring sufficiency to other communities and to the world naturally spring out of a call group living in sufficiency and supporting one another in finding sufficiency in all areas of life, moment by moment.
18. Some sufficiency call groups start out with the understanding of a time commitment, such as three months or a year of participation. Others are open-ended. When people may choose to leave a sufficiency call group it’s good to spend sufficient time – a month is suggested - acknowledging each relationship and giving all participants a chance to share and express gratitude.

Thanks for your sufficiency!