

NOW THAT'LL STEEP

# THE

## *Gathering Guide*

*How to Host Your Own Tea Circle*

*Steep long enough to release everything good inside you.*



Real Talk. Real Laughs. Real Life.



## A Letter to You, Sis

*Before you host a single soul, read this.*

You know what tea does? It steeps. It sits in hot water — patient, still, unhurried — and slowly, beautifully, it releases everything good inside it. The color. The warmth. The flavor. The healing. None of it comes out until it's been given time and space to just... be.

That's what this guide is for. That's what the Tea Circle is for. **Women need space to steep.** Space to sit long enough, be still long enough, feel safe enough — to finally release everything good that's been locked inside them.

Do you remember when women used to give each other that space? Your grandmother's kitchen table. Your mama's living room. A church hall after Sunday service. Women gathered, poured something warm, and talked about real life — their bodies, their fears, their faith, their dreams. They laughed until they cried. They cried until they laughed. And they left lighter than they arrived.

Somewhere along the way, we stopped gathering like that. We got busy. We got online. We traded face-to-face for face-to-screen. And a lot of us have been holding everything in ever since.

***"Steep long enough to release everything good inside you."***

Now That'll Steep exists to bring that gathering back. To give women a place to steep — to rest, release, and reconnect with themselves and each other.

**You don't need a big house. You don't need fancy china. You just need a kettle, a willing heart, and women ready to show up for each other. That's the whole thing. Now let's steep.**

With love & a warm cup,

***Now That'll Steep ♥***



# What Is a Tea Circle?

*A space to steep. A space to release.*

A Tea Circle is an intentional gathering of women — anywhere from 3 to 12 — who come together around tea and honest conversation. Think of it as the modern version of what your grandmothers did naturally: pull up a chair, pour something warm, steep long enough to let it all come out.

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| <p><b>It IS...</b></p> <p>A space to release. Real talk, vulnerability, laughter, prayer, rest, and sisterhood. Phones down. Hearts open. Everything good inside you — finally let out.</p> | <p><b>It is NOT...</b></p> <p>A networking event, a pitch meeting, or a place to perform. Leave the highlight reel at the door. Come as you are. That's enough.</p>    |
| <p><b>Who hosts it?</b></p> <p>You do! Any woman can host a Tea Circle. You set the date, invite your girls, and create the space for them to steep.</p>                                    | <p><b>How often?</b></p> <p>Monthly is the sweet spot. Quarterly still counts. Even once is a beginning — and once is often all it takes to change someone's life.</p> |
| <p><b>How many women?</b></p> <p>3 is enough. 12 is a full table. Keep it intimate enough that every woman gets to speak, be heard, and fully release.</p>                                  | <p><b>Where?</b></p> <p>Your living room. A backyard. A church fellowship hall. A park pavilion. Anywhere women can sit together, slow down, and steep.</p>            |

**♥ The only rule of a Tea Circle: every woman who sits down leaves having released something she walked in carrying.**



## Setting the Mood

*Create a space that says: you are safe to release here.*

Tea doesn't release its goodness in cold water. It needs warmth. The same is true for women. The atmosphere you create is the warmth — it tells your guests before a single word is spoken: *this space was made for you to let go.*

### ♥ The Table

- ♥ A simple tablecloth or runner in cream, blush, or white
- ♥ Fresh or silk flowers — roses, peonies, or whatever makes you smile
- ♥ Candles (tea lights or pillar candles) for warm, releasing light
- ♥ A teapot as the centerpiece — even one from a thrift store is beautiful
- ♥ Mismatched teacups are charming, not a problem — they each tell a story
- ♥ Small printed name cards at each seat — let her know her spot was held for her

### ♥ The Sound

- ♥ Soft gospel, neo-soul, or instrumental R&B; playing low in the background
- ♥ Suggested artists: Maverick City Music, India.Arie, Sade, or smooth jazz
- ♥ No TV. No news. Silence is better than noise — silence is where release happens.

### ♥ The Scent

- ♥ Light a candle 30 minutes before guests arrive — let the scent do the welcoming
- ♥ Choose calming scents: vanilla, lavender, rose, or jasmine
- ♥ Let the tea itself do its work — the aroma of steeping is its own invitation to release

***"Breathe. Sip. Let Go & Be Still. Steep long enough to release everything good inside you."***



## The Tea Menu

*Every steep has a purpose. So does every cup you serve.*

Tea is the anchor of the gathering — it gives hands something to hold, slows the nervous system, and creates a natural rhythm: pour, steep, sip, release. Each cup you serve is an invitation to go a little deeper. Here's how to build your menu with intention:

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| <p><b>The Welcome Cup</b></p> <p>Serve a light, bright tea as guests arrive. Try hibiscus, citrus green, or chamomile. This cup says: settle in. You're safe. Let yourself begin to release.</p>                        | <p><b>The Conversation Tea</b></p> <p>Once the circle opens, bring out something bolder — a black tea, an herbal chai, or a rich oolong. This cup says: we're going deeper now. Steep with us.</p>    |
| <p><b>The Release Blend</b></p> <p>This is your signature moment. A specially chosen blend served during the reflection portion of the circle. This cup says: whatever you've been holding — you can let it go now.</p> | <p><b>The Wind-Down Cup</b></p> <p>As the gathering closes, offer something calming — lavender, lemon balm, or a sleep herbal blend. This cup says: you released. Now rest. You've done the work.</p> |
| <p><b>Sweeteners &amp; Add-ins</b></p> <p>Raw honey, oat milk, lemon slices, fresh mint, cinnamon sticks. Let each woman make her cup her own — there's a lesson in that too.</p>                                       | <p><b>Something Sweet</b></p> <p>A shortbread, a date, a piece of dark chocolate alongside the tea. Nothing elaborate. Just something that says: you deserve sweetness, sis.</p>                      |

***Host tip: Label each tea with a handwritten card and one sentence about why you chose it. 'This one is for releasing what you carried in here tonight.' That tiny detail transforms a cup of tea into a ritual.***



# The Circle Flow

*A gentle order — from arrival to release.*

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Tea releases in layers. First the color, then the warmth, then the full depth of flavor. Your gathering works the same way. Follow this flow and trust the process — by the time you reach the closing, every woman will have released something real.

## 1. The Arrival (15 min)

Welcome each woman at the door. Hand her the Welcome Cup. Let conversation happen naturally. The steeping begins the moment she walks in — no pressure to 'start.' She's already releasing just by showing up.

## 2. The Opening (5 min)

Gather in the circle. Light a candle. Open with prayer, gratitude, or a blessing. Set the intention aloud: *'This is a safe space. What's released here, stays here. You are free to let go of anything tonight.'*

## 3. The Introduction Round (10 min)

Go around the circle. Each woman answers one light opening question — see the Conversation Starters section. This is how she finds her voice before the deeper releasing begins. Everyone speaks. Everyone is heard.

## 4. The Deep Steep (45–60 min)

This is the heart of the gathering — the long, slow steep. Use 2–3 questions from this guide or let the dialogue flow naturally. The host gently holds the space, not controls it. Make room for quiet. Tears release too. Laughter releases even more.

## 5. The Moment of Release (10 min)

Serve the Release Blend. Slow everything down. Ask each woman: 'What is one thing you are releasing before you leave this room?' A worry. A burden. A story she's been carrying alone. Receive each one without advice. Just witness. Just hold.

## 6. The Closing Blessing (5 min)

End with intention. A prayer, a shared affirmation, or each woman naming one word for how she feels now versus when she walked in. Pour the Wind-Down Cup. Linger. Let the steeping finish completely.

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# Conversation Starters

*Questions that open the release.*

The right question is like hot water on a tea bag — it starts the release. These questions are designed to draw out what women have been holding, in a warm, safe, and sisterly way. Pick 2–3 per gathering. You won't need more. Trust what steeps up.

## ♥ To Begin the Steep (Opening Questions)

- ♥ What's one word that describes where you are right now in life?
- ♥ What's something small that brought you joy this week?
- ♥ What did you need today that you almost didn't give yourself?
- ♥ If your life were a tea right now, what would it taste like — and what does it need?

## ♥ For the Deep Release (Heart Questions)

- ♥ What season of life are you in right now — and what does that season need from you?
- ♥ What have you been steeping in — carrying, holding, sitting with — that you haven't said out loud?
- ♥ What's something you used to believe about yourself that you're finally releasing?
- ♥ Who was the woman who modeled strength for you — and what did she release so you could bloom?
- ♥ What's something you've been carrying alone that you could use sisterhood around?
- ♥ When did you last feel fully like yourself — and what were you releasing when you felt that way?

## ♥ For Laughter & Light (Because Joy Is a Release Too)

- ♥ What's the most ridiculous thing you've done in the name of self-care?
- ♥ If your life were a tea blend, what would it be called and what's in it?
- ♥ What song do you put on when you need to release and feel like yourself again?
- ♥ What advice would 70-year-old you give the woman sitting here today?

## ♥ To Close the Steep (Release Questions)

- ♥ What is one thing you are releasing before you walk out of this room tonight?
- ♥ What is one thing you are taking with you — something good that steeped up tonight?
- ♥ What's one word for how you feel right now compared to when you walked in?



# The Closing Ritual

*Seal the release. Send her home lighter.*

What happens at the end of a steep? You lift the tea bag out. Everything it had to give — it's already given. Your closing ritual is that moment for every woman in the circle: she has steeped. She has released. Now you send her home carrying only what she needs.

## ♥ The Release Affirmation Round

Go around the circle. Each woman speaks one affirmation aloud for herself or the woman to her left. 'I release what no longer serves me.' 'I am free to let go.' 'Everything good inside you is already there.' Receive each one without deflection. Just say: I receive that.

## ♥ The Breath of Release

Stand in a circle. Hold hands. Three deep breaths together — inhale for 4 counts, hold for 4, exhale for 6. On each exhale, silently release one thing you brought in. By the third breath, feel the room change. It will.

## ♥ The Blessing Prayer

The host or a chosen woman closes in prayer — thanking God for the space, the sisters, and the courage it takes to release. Ask for each woman to be covered as she carries her lightness back into the world.

## ♥ The Final Cup Toast

Read a closing scripture or affirmation aloud together. Raise your cups: *'To us. To the women before us. To everything we released tonight. To everything good that's still inside us, waiting to steep.'* Take one final sip. Now that'll steep.

***After every circle, send a follow-up message: "Thank you for steeping with us tonight. Thank you for what you released. You made this space what it was — and you left your goodness in this room. Now that'll steep. ♥"***



# Your Gathering Checklist

*Everything you need to steep with confidence.*

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## ♥ One Week Before

- ♥ Choose your date, time, and location
- ♥ Invite 3–12 women — a personal text or voice note beats a group post every time
- ♥ Plan your tea menu: Welcome Cup, Conversation Tea, Release Blend, Wind-Down Cup
- ♥ Choose 3 conversation questions from this guide
- ♥ Select your closing ritual

## ♥ The Day Before

- ♥ Gather tablecloth, flowers, candles, teacups, teapot
- ♥ Buy or prepare your tea selection and something sweet
- ♥ Write name cards — let her know her spot was already held for her
- ♥ Write handwritten labels for each tea with its release intention
- ♥ Prepare your opening blessing or prayer

## ♥ Day Of — 30 Minutes Before

- ♥ Set the table and arrange flowers
- ♥ Light your candles — let the warmth build before they arrive
- ♥ Start your playlist
- ♥ Put the kettle on
- ♥ Take three deep breaths and release your own nerves — you've got this

## ♥ After the Gathering

- ♥ Send your follow-up message to every guest within 24 hours
- ♥ Note any moments, stories, or releases you want to remember
- ♥ Share a photo or reflection to your Now That'll Steep community
- ♥ Set the date for the next circle while the feeling is still steeping



# You Just Started a Movement

*Every woman who steeps, pours into someone else.*

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Here's what happens after a Tea Circle: women go home changed. Not because anything dramatic happened — but because they were finally given space to steep. To release what they'd been holding. To remember who they are underneath all of it.

And then they tell someone. They text their sister. They call their daughter. They say, *'I just had the most beautiful evening. I released things I didn't even know I was carrying. You have to come next time.'*

That's how this movement grows. Not from algorithms. Not from ads. From women who steeped — who released — and couldn't keep it to themselves.

***"Steep long enough to release everything good inside you." Put the phone down. Pour the cup. Come back to each other.***

When you host your Tea Circle, tag us. Show us your table. Tell us what released in the room. Tell us who was surprised by what came out of them. Tell us what cup they were holding when it happened.

**We want to witness every steep. Because every release matters.**



**Find us & share your steep:**

♥ #NowThatllSteep | #TheGathering | #SteepSisters | #ReleaseAndRise

♥ @NowThatllSteep on Instagram, TikTok & Facebook

♥ nowthatllsteep.com — for more guides, tea education, and community

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***Now that'll steep. ♥***

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