

Notes to the Leader for Session G98 - Balance

Session Preparation

The depth of this session will be enhanced if each member thinks about the topic in advance. Please distribute the preparation sheet at the end of the prior session and make sure absent members receive a copy. Have extra copies available at the gathering for people who have forgotten to bring their copies.

Preliminaries

Prior to beginning the session, take a few minutes to go over the announcements of church events given at the last leader meeting or from a recent church bulletin. Also, remind members of the next meeting date. Get volunteers to light the chalice, and to do the readings (one at the opening, one leading into the silence and one following the sharing). Let group members know that the chalice lighting reading and the closing reading will be responsive readings, with the chosen “reader” reading the normal type and the group as a whole reading the part in italics.

Timekeeping

Use this timetable as an aid to keep the gathering on track.

Preliminaries	2 minutes
Opening	1 minutes
Check-in	20 minutes
Reading	1 minutes
Silence	5 minutes
Deep listening	60 minutes
Reading	1 minute
Singing	2 minutes
<u>Closing</u>	<u>1 minute</u>
Total	approx. 90 minutes

See guided meditation on the back.

Special Information

When you reach the point in the order of worship for the guided meditation the leader should read the following meditation. It should be read in a calm clear voice pausing at the end of each sentence and for a long time at the end before beginning the sharing.

Stop for a moment, calm your thoughts.
Let go of your anxieties and look around you.
What do you see?
You see a world filled with beauty.
You see a life filled with possibilities.
You see dreams being born, being nurtured and being fulfilled.
Yes, there are challenges.
Yes, there is sorrow.
Yes, there is violence and hatred.
But more than these, there is love.
There is goodness,
there is joy.
The future is uncertain.
And that means there's no limit as to how beautiful and joyful you can make it
Yet what you have is right now.
And right now is completely as it should be.
It is your time to live.
Think of what a precious thing your life is and how truly blessed you are to be experiencing it.
Right now.
Right now, any anxiety you have may have about the future is only an illusion.
Let it go.
Let it fade away as the beauty and perfection of right now wash over you.
The best thing you can do for the future is to live with everything you have in the present.
Right now, you are in a position to create real, lasting, positive value for the world in which you live.
How do you do that?
By following your heart.
By being the you that is really you.
You may have wandered away from yourself.
Now is the time to come home.
You know in your heart that you're here for a reason.
The pain you feel is that purpose, that reason for living, as it constantly aches to break free.
When it does, you'll be more alive than you ever could have imagined.
Breathe in the beauty around you, the beauty and richness of being alive.
It is your gift.
It is your fortune.
It is your blessing.
And it is yours, to live, to experience, to fulfill.
Right now.

(long pause. Perhaps a minute or two)

When you are ready, bring yourself back to this room. Share your thoughts on the topic of balance