

Notes to Leader for Session G116 — Sit It Out or Dance?

Session Preparation

The depth of this session will be enhanced if each member thinks about the topic in advance; point out that they do not have to answer *all* the preparation questions, but can choose the two or three that most appeal to them. You might also email the preparation to those who have misplaced their copy or were absent from the previous meeting. Have extra copies at the gathering for people who have forgotten to bring theirs.

Preliminaries

Ask for volunteers to light the chalice and do the readings. Make any necessary church-related announcements.

Timekeeping

Use this timetable as an aid to keep the gathering on track. If the deep-listening portion goes over the allotted time, you can shorten or eliminate the discussion.

Preliminaries	1 minute
Opening	1 minute
Check-in	20 minutes
Reading	1 minute
Sitting in Silence	4 minutes
Reading	1 minute
Deep listening	60 minutes
Reflections	15 minutes
Singing	5 minutes
<u>Closing</u>	<u>1 minute</u>
Total	approx. 109 minutes

Preparation for the Next Session

Make sure everyone gets a copy of the preparation for the next session.