

## **Notes to the Leader for G128 – Passage Meditation**

### **Context:**

This session highlights a spiritual practice we learned about at the 2004 General Assembly. It is our gift you you during the busy holiday time. As this session asks members to meditate daily for 2 weeks – be sure to get the preparation out early. Also, highlight for members that this preparation is out of the ordinary.

### **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. This is especially important for this session.*

### **Preliminaries**

Prior to beginning the session:

- Take a few minutes to go over the announcements of the church events given at the last leader meeting or from a recent church bulletin.
- Remind members of the next meeting date and location.
- Get volunteers to light the chalice and read the opening words.
- *If anyone has not chosen a passage, they should choose one at this time. Let these people read the passage silently to themselves during the meditation in place of memorizing it.*

### **Feedback**

This session includes a segment with feedback on the sharing. In these small groups, feedback is an exercise in ministry, not judgment or questioning. It should be very brief, gentle, and positive, and not lead to a discussion. Like sharing/deep listening, members should participate as the spirit moves them. Some members may choose not to offer feedback and that's fine, too.

### **Timekeeping**

Use this timetable as an aid to keep the gathering on track. It leaves 20 minutes available in case the sharing portion runs longer or if a Life Ritual is planned. If it appears that portions of the session will run long, the group members can decide whether to stop continue or eliminate other portions.

Preliminaries	4 minutes
Opening	1 minute
Check-in	15 minutes
Meditation	10 minutes
Reading	2
Deep listening	50 minutes
Feedback	15 minutes
Singing	2 minute
<u>Closing</u>	<u>1 minute</u>
Total	100 minutes

### **Preparation for the Next Session**

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