

Notes to the Leader for G146 – Vision of the Future

Session Preparation

This session has no advance preparation to be distributed beforehand. The questions will be put to the members of your group after the meditation.

Practice reading the attached guided meditation slowly. It should take at least 10 minutes to read.

Have index cards, pencils, and a bowl ready for use during the session. Please gather the cards and bring them to the next leader gathering. We will share these dreams with our candidate.

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.

Discussion

The discussion period is meant to allow group members to go deeper, to share things they may have forgotten to share, and to exchange ideas. It is important that people not comment on others' sharing except in a very supportive way.

Timekeeping

Use this timetable as an aid to keep the gathering on track. It leaves 15 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	2 minutes
Opening	1 minute
Check-in	15 minutes
Meditation	12 minutes
Deep listening	40 minutes
Question	6 minutes
Bowl Readings	5 minutes
Discussion	20 minutes
Singing	3 minutes
<u>Closing</u>	<u>1 minute</u>
Total	105 minutes

Preparation for the Next Session

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

Guided meditation:

Close your eyes and make yourselves comfortable.

Settle yourself into your chair. Place your hands into a comfortable position.

We are going to travel into the near future of our congregation.

The years move forward 1, 2, 3, 4, 5.

It is now 5 years in the future.

It is Sunday.

You are getting ready to go to the church.

What are you wearing?

What are you most looking forward to today?

You are really looking forward to today's service.

Can you feel the anticipation?

You have arrived downtown.

As you approach the church, what does the church look like?

What draws your eye?

Are there sounds or smells that capture your attention?

What is happening?

What has changed?

As you enter the church, where do you go first?

What time have you arrived?

Why have you come at this time of day?

Take a look around the building. What do you see?

What are the sounds that reach your ear?

What has changed?

You are sitting in the service. Where are sitting?

Feel the chair, the people around you, the sanctuary.

What has changed in the sanctuary? What do you see? Hear? Feel?

What is happening?

As the service progresses, what are the sounds you hear?

What voices? What do you see?

Is there movement in the service? Is your body moving?

Service is ending. How does the service end?

Now where do you go?

Who do you talk to?

What are you doing?

What are the sounds, and sights and tastes and smells?

How long are you there?

Do you have other plans for today that involve church?

What has brought you most joy this morning?

Now it is time to come back to today.

Bring yourself back through the years.

Back to today, this room.

When you are ready open your eyes.