

Notes to Leader for G154 – Keeping Sabbath

Session Preparation

The depth of this session will be enhanced if each member thinks about the topic in advance and tries some of the exercises described in the preparation. It would be good to point this out when you distribute the preparation sheet. You might also email it for 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.

Reading Round-the-Circle

Reading-round-the-circle is used in this session. This should be done in a way that allows people to “opt out” and not read, since some may be uncomfortable reading. If someone wishes not to read, encourage him or her to say so at the beginning of the session.

Preliminaries

Share announcements from church. Ask for volunteers to light the chalice, read the opening, and read the meditation.

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 eliminate or shorten the discussion.

Preliminaries	3 minutes
Opening	3 minutes
Check-in	20 minutes
Bowl Readings	5 minutes
Silence	5 minutes
Deep listening	60 minutes
Singing	2 minutes
Discussion	15 minutes
Singing	3 minutes
<u>Closing</u>	<u>2 minutes</u>
Total	approx. 120 minutes

Preparation for the Next Session

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