

Notes to the Leader for G156—Life Goals

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.

Special Note: Cut up the sheet of quotations and put the slips of paper into some sort of container that can be passed easily around the circle.

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.

Readings From the Bowl

Reading round the circle is used in this session to read quotes written on slips of paper. Each member draws a slip from a container passed around the circle. The quotes are read one after the other at the designated time in the Order of Worship. Before passing out the quotes, tell members that they don't have to take one if they do not wish to read aloud. There may be more quotes than there are members in your group, so you can choose whether to circulate the bowl until all the slips are drawn or to limit them to one per person.

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 eliminate other portions.

Preliminaries	2 minutes
Opening	1 minute
Check-in	20 minutes
Reading round the circle	5 minutes
Silence	5 minutes
Deep listening	60 minutes
Discussion	15 minutes
Singing	1 minute
<u>Closing</u>	<u>1 minute</u>
Total	110 minutes

Preparation for the Next Session

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