

Leader Notes for G202 — The Great Turning

Centering Practice

Listen to Your Breath

Leader says (with long pauses between sentences):

Lower or close eyes. ... Get comfortable in your chair. ... Begin to pay attention to your breath. ... While breathing normally, see if you can hear your breath as you inhale. ... Now see if you can hear it as you exhale. ... For the next few minutes, listen to the sound of your breath. ... When your attention wavers, come back to the breath. *[Allow 2 minutes]* And now take a deeper breath, and slowly open your eyes.

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.

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
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.