

Notes to the Leader for Session G232---Mentors, Mentoring, and Me

Session Preparation

Have extra copies available at the gathering for people who have forgotten to bring their copies.

Cut up the sheet of quotations and put them in a bowl.

Centering Practice

The leader reads the following to help everyone become focused for the session. Leader, please allow pauses of several seconds or tens of seconds between sentences.

Make yourself comfortable in your chair ... Close your eyes and relax your body ... Notice all the sounds you can hear ... *[Allow 1 minute]* ... Now shift your attention to the sound of your own heart beating ... *[Allow 1 minute]* ... Now focus again on the other sounds around you ... *[Allow 30 seconds]* ... Now bring your attention back to the room and slowly open your eyes.

Preliminaries

Prior to beginning the session, take a few minutes to go over the announcements of church events given at the last leader meeting or from a recent church bulletin. Also, remind members of the next meeting date. Get a volunteer to light the chalice, one to do the opening reading, and one to do the reading before the silence.

Reading from the Bowl

As members pass the bowl around the circle, they should take one quotation at a time until they're all gone. Read around the circle, one quotation at a time.

Timekeeping

Use this timetable as an aid to keep the gathering on track.

Preliminaries	2 minutes
Centering Practice	3 minutes
Opening	2 minutes
Check-in	20 minutes
Bowl Readings	15 minutes
Silence	5 minutes
Deep listening	60 minutes
Discussion	5-10 minutes
Singing	2 minutes
<u>Closing</u>	<u>2 minutes</u>
Total	approx 2 hours