

Notes to the Leader for G240 – War and Peace

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 or email it to members. Have a few extra copies available at the gathering for people who have forgotten to bring their copies.

Centering Practice: Breathe in peace, breathe out peace

Leader says (with long pauses between sentences):

Lower or close your eyes. ... Take a few deep breaths. ... As you breathe in think peace. ... As you breathe out think love, breathe in peace ... breathe out love breathe in peace ... breathe out love(Allow 2 or 3 minutes.)

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. Get a reader for the long reading on the back.

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.

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| Preliminaries | 2 minutes |
| Centering practice | 3 minutes |
| Opening | 1 minute |
| Check-in | 15 minutes |
| Reading | 2 minutes |
| Silence | 3 minutes |
| Deep listening | 50 minutes |
| Sharing a word | 5 minutes |
| Discussion | 15 minutes |
| Likes and Wishes | 10 minutes |
| Singing | 2 minutes |
| Closing | 1 minute |
| Total | 108 minutes |