

Notes to the Leader for G242 – Finding Summer Adventure at Home

Session Preparation

The depth of this session will be enhanced if each member thinks about the topic in advance. Please distribute the preparation sheet by email or hard copy well before the session. Have extra copies available at the gathering for people who have forgotten to bring their copies.

Nothing You Need to Do Right Now

Leader says (with long pauses between sentences):

Find a comfortable spot in your chair. ... You might want to uncross legs and arms to extend blood flow to every part of your body. ... Begin to become aware of your breathing. The air moving in and out, your chest rising and falling. ... You may notice your abdomen rising and falling. ... In and out slowly. ... Breathing ... with awareness. There is nothing else you need to do right now, ... nowhere else you need to be. ... If you experience any passing thought, notice it, and let it be ... a passing thought. ... Like a leaf floating down a stream. ... Like a feather drifting in the wind. *[Allow 2 minutes.]* Now bring your attention back to your breathing. ... And when you are ready, open your eyes to our group here in this room.

Special Notes:

If people in your group would like to do this, make a list of some of their ideas for having summer adventures at home. Send them to mbrence@comcast.net, and we'll put a list of ideas in the church newsletter.

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	5 minutes
Silence	5 minutes
Deep listening	60 minutes
Discussion	15 minutes
Singing	1 minute
Closing	1 minute
Total	110 minutes