

## Notes to the Leader for G257 — Your Neighborhood

### 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 love, breathe out peace

*Leader says:*

Breathe deeply in out and out using the mantra: “When I breathe in I breath in love, when I breathe out I breathe out peace.” *Repeat several times then let the group continue in silence. Continue until you hear the gong. [Allow about two minutes for this centering exercise.]*

### 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. Pass the bowl of quotations.

### 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
Centering practice	3 minutes
Opening	1 minute
Check-in	15 minutes
Reading	2 minutes
Silence	5 minutes
Deep listening	55 minutes
Discussion	15 minutes
Singing	2 minutes
Closing	1 minute
<b>Total</b>	<b>101 minutes</b>