

## Notes to the Leader for G356 — Commitment

### Session Preparation

Please distribute the preparation sheet at the end of the prior session or email it to members with enough time before the meeting for members do the prep. Have a few extra copies available at the gathering for people who have forgotten to bring their copies.

### Centering Practice: by Nathan Walker (from UU WorshipWeb)

*Leader says (with pauses between lines):*

Breathing in I am aware of my pain.

Breathing out I am aware that I am not my pain.

Breathing in I am aware of my past.

Breathing out I am aware that I am not my past.

Breathing in I am aware of my anger.

Breathing out I am aware that I am not my anger.

Breathing in I am aware of my despair.

Breathing out I am aware that I am not my despair.

Breathing in I am aware of peace.

Breathing out I am aware that I am worthy of peace.

Breathing in I am aware of love.

Breathing out I am aware that I am worthy of love.

Breathing in I am aware of joy.

Breathing out I am aware that I am an agent of joy.

Breathing in I am aware of hope.

Breathing out I am aware that I am an agent of hope.

Breathing in I am aware. *[Allow about 2 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. 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>