

Notes to the Leader for G379 — Understanding White Fragility

Session Preparation

Have extra copies of the preparation available at the gathering for people who have forgotten to bring their copies.. Print a copies of the readings, and the order of worship for everyone.

Centering Practice: Feel Your Pulse

Leader says (with long pauses between sentences):

Close or lower your eyes. ... Make yourself comfortable in your chair. ... Rest your hands on your thigh.

As you become still, see if you can feel—without touching—the pulse in one of your wrists. Focus on sensing your pulse for the next few minutes. *[Allow 1 or 2 minutes]*

- based on an embodied practice developed by Thandeka, a UU minister who is associate professor of theology and culture at Meadville/Lombard Theological School

Preliminaries

Prior to beginning the session, take a few minutes to go over the announcements of the church events from a recent church bulletin. Remind members of the next meeting date and location. Get a volunteer to light the chalice. Pass around 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.

Centering practice	3 minutes
Preliminaries	2 minutes
Opening	2 minute
Check-in	15 minutes
Reading	5 minutes
Silence	3 minutes
Deep listening	50 minutes
Discussion	25 minutes
Singing	1 minute
Closing	1 minute
Total	107 minutes

Preparation for the Next Session

Remind people of the date of the next session, and either pass out copies of the preparation for that session or tell members you will send it by email.