

Notes to Leader for S138 – Holiday Moments

Special Notes

This session is meant to be flexible for use in the time-constrained holidays. If you want to have a one-hour session, eliminate check-in.

Decide which carols you want the group to choose from before you begin the session. You do not have to be constrained by the carols we supplied on the song sheets. In this session have one or two people share, then sing a carol, then more sharing, another carol, and so on.

Be prepared for possibly negative emotions. Though we have specifically asked members to focus on good holiday memories, it might still be difficult for some to block out the sad ones.

Session Preparation

The depth of this session will be enhanced if each member thinks about the topic in advance and tries some of the exercises described in the preparation. It would be good to point this out when you distribute the preparation sheet. You might also email it for those who have misplaced their copy or were absent from the previous meeting. Have extra copies at the gathering for people who have forgotten to bring theirs.

Preliminaries

Ask for a volunteer to light the chalice. **Choose songs to sing.**

Timekeeping

Use this timetable as an aid to keep the gathering on track.

Preliminaries	5 minutes
Opening	2 minutes
Check-in	20 minutes
Sign & Share	65 minutes
Closing	2 minutes
Total	approx. 95 minutes

Preparation for the Next Session

Make sure everyone gets a copy of the preparation for the next session.

Final Note: Thanks to all of the leaders for your work this year on behalf of SGM. This program could not exist without your dedication and love.