

Notes to Leader for S139 – At the Year’s End

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.

Meditation

In this session, we have a short reading from *The Book of Runes* that will be read before a period of silence. We suggest taking slightly longer for the silence, perhaps 8-10 minutes, to give enough time for members to create a vision for themselves.

Preliminaries

Share announcements from church. (Because the holidays are a busy time, you may wish to do this after the session is finished.) Ask for volunteers to light the chalice, read the opening, and read the meditation.

Timekeeping

Use this timetable as an aid to keep the gathering on track. If the deep-listening portion goes over the allotted time, you can eliminate or shorten the discussion.

Preliminaries	3 minutes
Opening	3 minutes
Check-in	20 minutes
Meditation Reading	2 minutes
Meditation	10 minutes
Deep listening	60 minutes
Discussion	15 minutes
Singing	5 minute
<u>Closing</u>	<u>2 minutes</u>
Total	approx. 120 minutes

Preparation for the Next Session

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