

Notes to the Leader for T267 – Hope

Special for this session

There is a separate sheet that needs to be printed. Choose a readers one for the long poem.

Centering Practice - Feel Your Breath

Leader says (with long pauses between sentences):

Lower or close eyes. ... Get comfortable in your chair. ... Begin to pay attention to your breath. ... Feel the breath in your nostrils as you inhale. ... Feel it in your nostrils as you exhale. ... For the next few minutes, focus on your breath in your nostrils as you inhale and again as you exhale. ... When your attention wavers, come back to the breath. *[Allow 2 minutes]* And now take a deeper breath, and slowly open your eyes.

Session Preparation

The depth of this session will be enhanced if each member thinks about the topic in advance. Please distribute the preparation sheet by email or hard copy well before the session. Have extra copies available at the gathering for people who have forgotten to bring their copies.

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 and read the reading.
per person.

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	3 minutes
Opening	1 minute
Check-in	15 minutes
Reading	4 minute
Silence	5 minutes
Deep listening	60 minutes
Discussion	15 minutes
Singing	1 minute
Closing	1 minute
Total	~ 113 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.