

Leader Notes for G277 – Transcendence

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.

Centering Practice -

Leader says (with long pauses between sentences):

Take a moment to breathe, feel your feet on the floor and your body in the chair. ...After a few minutes of breathing, find your heartbeat (either by listening to your ear or placing your fingers on your pulse). See if you can hold the attention of your heartbeat and listen to the sounds in the room. (1-2 minutes)

Our goal would be to bring this sense of calm and way of listening to the readings and to one another, keeping our attention toggling between self and what you are listening to.

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 opening words.

Reading Round the Circle

Reading round the circle is used in this session to read the Principles.

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	5 minutes
Opening	1 minute
Check-in	15 minutes
Reading round the circle	3 minutes
Silence	5 minutes
Deep listening	60 minutes
Discussion	15 minutes
Singing	3 minute
Closing	1 minute
Total	95 minutes (approximately)

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.