

## Leader Notes for G293 – Joy

### 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 - 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.

### 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.

### 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	10 minutes
Silence	5 minutes
Deep listening	60 minutes
Discussion	15 minutes
Singing	3 minute
Closing	1 minute
Total	115 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.