

## Notes to the Leader for T301 - Salvation

### Session Preparation

The depth of this session will be enhanced if each member thinks about the topic in advance. Please distribute the preparation sheet at the end of the prior session and make sure absent members receive a copy. 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 church events from a recent church bulletin or the Small Group Ministry Messenger newsletter. Also, remind members of the next meeting date. Get volunteers to light the chalice, read the opening words, and read the longer reading.

### Centering

#### **Imagine a Tree**

*Leader says (with long pauses between sentences):*

Close your eyes. Imagine you are sitting beneath a huge tree, a very tall tree, with your back supported by its trunk. ... Feel the solidity of the trunk. Let your back merge with it. ... Now visualize the tree's—and your—roots growing deep, deep into the earth. Feel how they support you, how they ground you, how they anchor you in this time and place. ... Now, while remaining grounded by your roots, feel your spine extending upward. ... Feel as if you are growing, that your head is reaching toward the heavens. ... Let yourself be as tall as the tree and as supple—anchored to the earth, yet able to sway and dance in the wind. ... Just enjoy that feeling. [*longer pause—about 15 seconds*] And now gently open your eyes to this time, this place and this group.

### Discussion

The discussion period is meant to allow group members to go deeper, share things they may have forgotten to share, and 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.

|               |            |                |                            |
|---------------|------------|----------------|----------------------------|
| preliminaries | 2 minutes  | deep listening | 60 minutes                 |
| centering     | 5 minutes  | discussion     | 15 minutes                 |
| opening       | 1 minute   | singing        | 1 minute                   |
| check-in      | 15 minutes | closing        | 1 minute                   |
| reading       | 4 minutes  | <u>total</u>   | <u>approx. 105 minutes</u> |
| silence       | 3 minutes  |                |                            |

### Preparation for the Next Session

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