

Notes to the Leader for T316 — Freedom & Responsibility

Session Preparation

Please distribute the preparation sheet at the end of the prior session or email it to members with enough time before the meeting for members do the prep. Have a few extra copies available at the gathering for people who have forgotten to bring their copies. Cut the bowl readings into strips. Decide if you want to add the readings from the front and back of the order of service to the bowl.

Centering Practice: Nothing You Need to Do Right Now

Leader says (with long pauses between sentences):

Find a comfortable spot in your chair. ... You might want to uncross legs and arms to extend blood flow to every part of your body. ... Begin to become aware of your breathing. The air moving in and out, your chest rising and falling. ... You may notice your tummy rising and falling. .. In and out slowly. ... Breathing ... with awareness. There is nothing else you need to do right now, ... nowhere else you need to be. ... If you experience any passing thought, notice it, and let it be a passing thought. ... Like a leaf floating down a stream. ... Like a feather drifting in the wind. *[Allow 2 minutes.]* Now bring your attention back to your breathing. ... And when you are ready, open your eyes to our group here in this room.

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. Pass the bowl of quotations.

Reading from the Bowl

As members pass the bowl around the circle, they should take one quotation at a time until they're all gone. Read around the circle, one quotation at a time. Readings from the front and back of the Order of Worship may also be used.

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 10 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 practice	3 minutes
Opening	1 minute
Check-in	15 minutes
Reading	5 minutes
Silence	5 minutes
Deep listening	51 minutes
Discussion	15 minutes
Singing	2 minutes
Closing	1 minute
Total	100 minutes