

Notes to the Leader for T334 — Making Love Visible

Session Preparation

Have extra copies of the preparation available at the gathering for people who have forgotten to bring their copies. **SPECIAL NOTE: Cut up the quotations and put them in a bowl for passing.**

Centering Practice

Breathe in Peace, Breathe Out Love

Leader says (with long pauses between sentences):

Find a comfortable spot in your chair. ... Uncross your legs and plant your feet on the floor. ... Rest your hands loosely in your lap. ... Begin to become aware of your breathing. ,, The air moving in and out, your chest rising and falling.. .. In and out slowly. ... Now, as you breathe in say to yourself, "I breathe in peace." Then, as you breathe out, say to yourself, "I breathe out love." ... "I breathe in peace. ... I breathe out love." ... Continue breathing and repeating these phrases at your own pace. *[Allow 2 minutes.]* And now, as you open your eyes and return to the group, carry these feelings of peace and love through our session today.

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 a volunteer to light the chalice. **Pass around the bowl of quotation.**

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
Readings from the bowl	5 minutes
Silence	5 minutes
Deep listening	60 minutes
Discussion	15 minutes
Singing	1 minute
Closing	1 minute
Total	108 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.