

Leader Notes for G180 — Checking Your Ethical Pulse

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 poem.

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. If it appears that portions of the session will run long or if you are also doing a Life Ritual, you can omit the discussion.

Preliminaries	2 minutes
Opening	2 minutes
Check-in	20 minutes
Reading	2 minutes
Silence	5 minutes
Deep listening	60 minutes
Discussion	15 minutes
Singing	2 minute
Closing	1 minute
Total	109 minutes

Preparation for the Next Session

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