

## Notes to the Leader for G337 — The Right Stuff

### 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.

### Centering Practice: (Plotinus)

Encourage participants to really visualize the images in this meditation.

*Leader says (with pauses between lines):*

From beneath me rises the energy of the Earth, my home and my foundation;  
From above me shines down the power of the light of the Sun and the enchanting Moon;  
To my right hand flows the strength to control and direct the powers of energy;  
To my left hand comes the skill to divine and to heal, for that is the source of blessing;  
Before me rises my higher self, the perfected one I strive to become;  
Behind me falls the one I was and all discarded failures;  
Around me circle the eternal stars, lamps of wisdom in the deeps of space;  
Within me grows the flame of life, the light of experience and understanding.

### 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.

### 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 practice | 3 minutes          |
| Opening            | 1 minute           |
| Check-in           | 15 minutes         |
| Reading            | 2 minutes          |
| Silence            | 5 minutes          |
| Deep listening     | 55 minutes         |
| Discussion         | 15 minutes         |
| Singing            | 2 minutes          |
| Closing            | 1 minute           |
| <b>Total</b>       | <b>101 minutes</b> |