

Notes to the Leader for T370 — On Beauty

Special for this Session

Print out the sheet of readings in addition to the Order of Worship. One for each member.

Session Preparation

Have extra copies of the preparation available at the gathering for people who have forgotten to bring their copies..

Centering Practice: Three-part Exhalation

Leader says (with long pauses between sentences):

Let's take a moment to come fully into this moment, into this place. ... Close your eyes. ... Feel yourself sinking into seat. Feel your feet on the floor. ... We're going to take some deep breaths, letting each breath out in three stages. ... Take a deep breath in. ... Now release one-third of the air in your lungs. Pause. Now release another third. Pause. Now empty your lungs completely. Inhale a complete breath and repeat.

Continue for three more breaths at your own pace and then gently open your eyes.

Preliminaries

Prior to beginning the session, take a few minutes to go over the announcements of the church events 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 quotations.

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.

Centering practice	3 minutes
Preliminaries	2 minutes
Opening	2 minute
Check-in	15 minutes
Reading	5 minutes
Silence	3 minutes
Deep listening	50 minutes
Discussion	25 minutes
Singing	1 minute
Closing	1 minute
Total	107 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.