

Notes to the Leader for T387— What Does It Mean to Be a People of Balance?

Session Preparation

Have extra copies of the preparation available at the gathering for people who have forgotten to bring their copies. Cut the pages of quotations into individual slips and put into a bowl or other container.

Centering Practice:

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 from a recent church bulletin. Remind members of the next meeting date and location. Get a volunteer 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.

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| Centering practice | 3 minutes |
| Preliminaries | 2 minutes |
| Opening | 2 minute |
| Check-in | 15 minutes |
| Readings from the bowl | 10 minutes |
| Silence | 3 minutes |
| Deep listening | 60 minutes |
| Discussion | 15 minutes |
| Singing | 1 minute |
| <u>Closing</u> | <u>1 minute</u> |
| Total | 112 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.