

Notes to the Leader for T481 – Awakenings

Session Preparation

Note: this preparation takes extra time. Be sure and send it out early.

During shelter at home you will probably be meeting online. Some things to work out with your group:

- Email instructions on joining the meeting to everyone. Also email the Order of Worship. Large format works best.
- You can schedule an online meeting using the church's Zoom subscription by calling our church office manager.
- Check in with members of your group that are less technically savvy
- Pick someone to practice your online meeting ahead of time. Remind those that don't have computers that they can call in by phone.
- Have a chalice ready to light and hold up for the camera
- Sharing – Mutual Invitation (see below) works well in online groups
- Music/Singing. This is the suggested video to share for your group.

<https://www.youtube.com/watch?v=DCHeBX0xFgI>

Special Reminders

If you notice that any members of your group need ministerial care, please let the office know.

Mutual Invitation

In order to ensure that everyone who wants to share has the opportunity to speak, we will proceed this way:

- The leader or a designated person will share first.
- After that person has spoken, that person then invites another to share. Whoever you invite does not need to be the person next to you.
- After the next person has spoken, that person is given the privilege to invite another to share.
- If you have something to say but are not ready yet, say “pass for now,” and then invite someone else to share. You will be invited again later.
- If you don't want to say anything, simply say “pass” and proceed to invite another to share.
- Do this until everyone has been invited.

Centering Practice

Imagine a Tree

Leader says (with long pauses between sentences):

Close your eyes. Imagine you are sitting beneath a huge tree, a very tall tree, with your back supported by its trunk. ... Feel the solidity of the trunk. Let your back merge with it. ... Now visualize the tree's—and your—roots growing deep, deep into the earth. Feel how they support you, how they ground you, how they anchor you in this time and place. ... Now, while remaining grounded by your roots, feel your spine extending upward. ... Feel as if you are growing, that your head is reaching toward the heavens. ... Let yourself be as tall as the tree and as supple—anchored to the earth, yet able to sway and dance in the wind. ... Just enjoy that feeling. [*longer pause—about 15 seconds*] And now gently open your eyes to this time, this place and this group.