

Spiritual Conversation

GROUP SHARING: GUIDELINES

When I listen to the others:

- Offer respectful and attentive listening: each person is the expert on his or her own experience.
- Times of silence are appropriate and necessary. Don't panic if nobody's speaking. Allow words to develop meaning, to come to maturation. Keep an atmosphere of prayer – small silence after each person.
- Respect what is confidential. Outside the group we do not speak of what others have shared.
- Do not interrupt the person who is speaking, unless she is running out of time.

When I talk:

- Use "I" when speaking; do not use "we" or "you". Take responsibility of what you are saying.
- Speak briefly and clearly, focusing on the subject to be shared.
- Avoid preaching or teaching. You're just offering your point of view from your perspective.

GROUP SHARING: THE THREE ROUNDS

Before getting started, choose a timekeeper within the group. They will have the task to pace the three rounds according to the available time and the number of people.

Round 1: from me to you

Each person has a chance to speak, sharing the fruits of personal prayer or reflection. The other members actively listen, taking notes, and, where necessary, asking questions for clarification. No comments or replies to what the person is saying.

When everyone has spoken, keep one minute of silence.

Round 2: from you to us

Each person resonates to what has been shared in the first round. To identify your resonance, you can answer the following questions:

- What have I heard in the group? What touched me in what others have shared?
- What new perception or understanding have I received? What new light?

When everyone has spoken, keep one minute of silence.

Round 3: from us to the Spirit

Each person tries to give words to the unsaid, to what we are trying to tell each other through the sharing, to give voice to the Spirit.

End the session with a common prayer or a song.