

Guidelines for Sharing Part of Your Spiritual Journey

- 1) Everyone in the group is given 20 minutes to share a part of his/her spiritual journey in any way they want. The person speaking decides what to share and what not to share. It is not meant to be a “expose all of yourself” session, but enough so others get to know you and something of your unique spiritual journey. The journey story can be told in images, highs & lows, touchstones, chronologically or otherwise. The leader lets the person know when there are five minutes left so that the speaker can begin to wrap things up.
- 2) The group simply listens; does not interrupt, ask questions or make comments (other than “thank you”).
- 3) If silences occur, let them be. Sacredness and depth often occur in silences in a group.
- 4) There will be a five to ten minute bathroom break before another person shares.
- 5) The session begins with reading the titles from the touchstone sheet, then a moment of silence and ends with a circle of prayer after all have shared during that session.
- 6) The leader sees that the group maintains the rules and that each session begins and ends on time.