



Leading Sharing Groups

Live-streamed every Thursday during Lent at 7.30pm - 9.00pm

- Welcome those attending, help them to feel at ease.
- Organise attendees into groups (around six is perfect) for the half-hour discussion section that will follow the teaching and the sharing on the live-stream.
- Lead the discussion by introducing the prompt questions and gently encouraging the meek to share while subtly curtailing the verbose.
- Each evening, three prompt questions will be provided. These are to invite reflection and personal sharing on the session's topic. The only correct answers are honest ones.
- It helps for the group leader to begin first. A little vulnerability from the leader here will help set the tone. It is helpful to share struggles as well as triumphs.
- Practise reflective listening. Use nods and affirming sounds to let the sharer know they are in a safe place and that you are listening.
- Remember to smile and be affirming. "That's great Jane, I've never looked at it that way before." "Wow, Bill, that must have been really hard. Thank you for sharing that."
- If the level of trust in the group develops as the course progresses, you may want to consider putting a timer on to make sure everyone gets a look in. Divide the time allotted (30 minutes) by the number of participants. Let the timer alarm be heard, so people know it's time to move on to the next person.
- Avoid dispensing life advice (and subtly discourage others in the group who may be inclined to do the same). If a significant issue comes up, it might be appropriate to make a time to talk with the participant individually (i.e., not in group time). If the issue needs further pastoral attention, refer on to the parish priest or back to the organising team for Walk in the Spirit.
- Encourage your group members to seek out sacramental reconciliation during week three and then encourage them to go for prayer ministry on the important Holy Spirit encounter night in week five. We will send prayer team reinforcements to the designated prayer hubs to ensure everyone is covered.
- Close up each evening with encouragement to engage with the Living Word reflections during the week and come back next week!

Sessions can viewed at: <https://cgatholic.org.au/walk-in-the-spirit>