

## CPLG - Introductory Session

Begin with the reading of the 3<sup>rd</sup> Hour or other prayer.

Basic introductions if group members don't know each other.

Share my own story as to why I want to facilitate such a group. Be vulnerable to model/create trust and openness with the group members.

Show initial slides from power point which explains what a CPLG is and what a charter/covenant looks like.

Display slide with sample covenant and discuss what edits people would like to see. Move towards a consensus about the final product. Buy-in from all group members is important.

Distribute paper and pens for days journaling and reflection.

Show Brene Brown's TED Talk on *The Power of Vulnerability* (20 minutes). Following the video, ask group to write/reflect on what they learned or gleaned from the presentation. Share verbally with group members.

Short break (possibly even lunch break if timing fits).

Ask group to write on paper their favorite Bible verse and why it is meaningful for them. Then share together one by one.

Show video clip from television network scene (2 minutes). Ask group to write out critique of how the chaplain responded to patient (poor active listen skills). After brief group exchange, display slide with reflection questions on active listening. Summarize with this emphasis, that in our group we need to: 1) be good listeners, 2) not pontificate, and 3) not fix group members when they offer some issue or problem.

Ask group members to write a short version of his spiritual biography. Ask each member to present his narrative and have the others react and honor the share.

Short break (if timing fits)

Show Pico Iyer TED talk on *The Art of Stillness* (15 minutes). Following the video, ask group to reflect on what they learned or gleaned from the presentation. After brief group exchange, display slide with reflection questions on

silence/stillness/busyness. Do we take some time most days to sit silently with the Lord? Do we take tech Sabbaths in our lives for any length of time? How do we find balance in ministry with family life and other duties?

If time permits, distribute quotes for journaling/reflection. After writing their thoughts ask each group member to share their reflections.

Ask group to write on paper what topics they hope to cover at future sessions.

Determine date for next meeting.

Closing prayer