

CPLG – Session #15 – December 2, 2020

Begin with the reading of the 3rd Hour or other prayer.

Display slide with group covenant as a reminder of what we agreed to do in group.

Distribute paper and pens for days journaling and reflection.

Check-in reflection questions (slide)

Three slides on **Pastoral Counsel** for journaling/reflecting

View video **Three Things I Learned as My Plane Crashed (5 min)**.

Three slides on random journal/reflection questions

View video **ABC's of Pastoral Self-Care (4 min)**. View next slide with reflection question.

Determine date and host for next meeting, (including topics that they hope to cover in the future?).

Closing prayer

Slide 1 – intro

Slide 2 – group covenant

Slide 3 – Check-in

Slide 4-6 Quotes on **Pastoral Counsel**

Slide 7 – Video – **Three Things I Learned as My Plane Crashed**

Slide 8-10 – Random journal/reflection questions

Slide 11 – Video – **ABC's of Pastoral Self-Care**

Slide 12 – Video reflection question