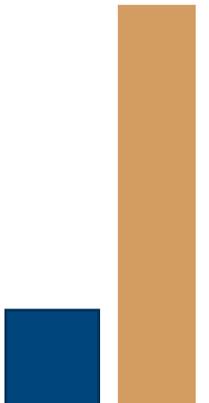


Online Spiritual Conversation



Service for Discernment in Common
Service pour le Discernement en Commun





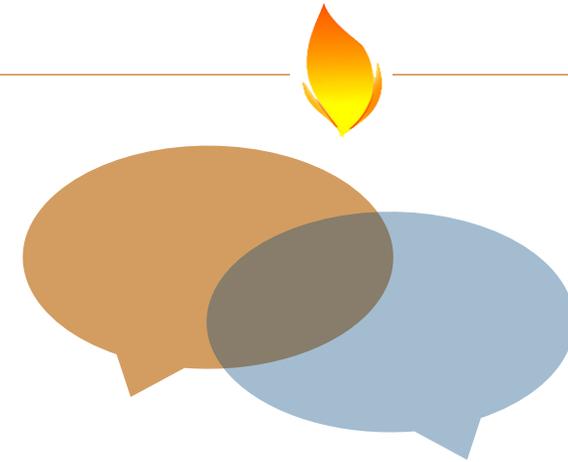
In this presentation you will learn

1. Why spiritual conversation is a key component of communal discernment
2. How to convene and prepare the online meeting
3. How to get participants ready and involved at the beginning of the meeting
4. How to lead participants in the three rounds of sharing
5. What to pay attention to during the process
6. What to do after each meeting
7. Who to contact if you have questions



1. Spiritual conversation

- The Holy Spirit is at work in each person, in each group, in all situations
- Spiritual conversation is a process meant to create for a group the conditions for opening up to, recognising and making decisions under the motions of the Holy Spirit
- It requires paying attention to personal and communal affective and emotional responses to what is being shared, since these are manifestations of the Spirit's work in participants and in the group



Attention to process is key as it will greatly influence the quality of the outcome!

Tip: Pay attention to personal prayer, prepare your sharings in writing and during conversations, keep an inner attitude of reverence, generosity and trust in God.



2. Preparing for the online meeting – Logistics

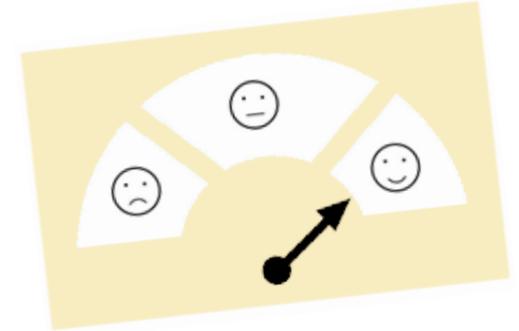
- Schedule the group spiritual conversation during the second week after the plenary session
- Ensure that you have a technical assistant to help you if necessary
- Plan for a 1.5-hour meeting, to give you enough space for introduction and conclusion
- Prepare a meeting invitation with a link to click on Zoom or with another application, and send it to the participants
- Be mindful of time zones!
- Remind everyone to prepare in writing a sharing about the fruits of their personal prayer before the meeting !





3. When the meeting begins 1/2

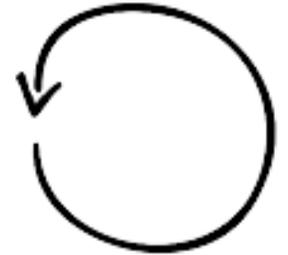
- Start with a quick round of check-in, asking each participant to describe in a few words their current inner state (peaceful, stressed, angry...)
 - This contributes to acknowledge and welcome each participant in the state they are in
 - It also prevents strong emotions from potentially swaying the conversation afterwards
- Designate a time-keeper, who will gently visibly motion their hand when the person has only 30 seconds left.
 - Since participants all have a 3-minute slot, the time-keeper will for example raise their hand at 2 minutes and 30 secs, signaling to the person their time will soon be up.





3. When the meeting begins 2/2

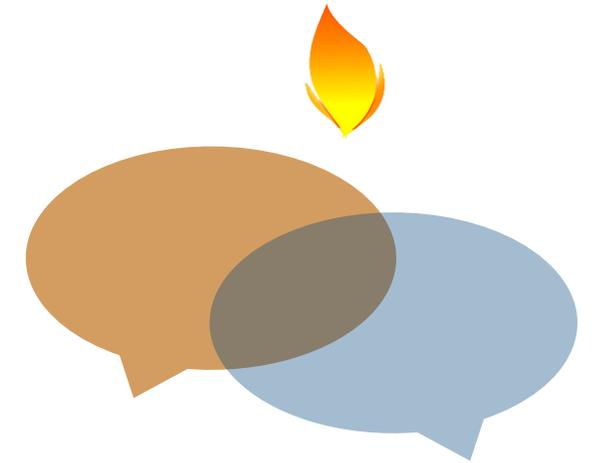
- Present how the conversation will unfold
 - There will be 3 rounds of individual sharing, led by the facilitator
 - The facilitator will call on individuals to share in a pre-determined order
 - Only the individual invited to share will speak, while others listen on “mute”
 - Each individual will have 3 minutes to share.
- Recall the specificities of the conversation
 - Participants share at the level of personal experience, not general considerations. E.g. “I felt...,” “What came to me was...,” “I experienced...”
 - Participants do not reply or add to what has been shared – when not speaking, participants listen attentively to the sharing of others
 - It is possible to remain silent and skip one’s turn
 - Keep an inner attitude of care and reverence, listening deeply to oneself, to others and to God





4. Leading the conversation

- 1st Round: Invite participants to read what they have prepared about the fruits of their personal prayer. Once everyone has shared, invite participants to reflect silently for a few minutes on what resonated the most from what they heard in the first round.
- 2nd Round: Invite participants to share about what touched them most in the 1st round. Once everyone has shared, pause again for a few moments to silently reflect on what seems to be converging or emerging in the group.
- 3rd Round: Invite people to share on what seems to be converging or emerging at this stage from the conversation (orientation, theme, insight, invitation from God...).

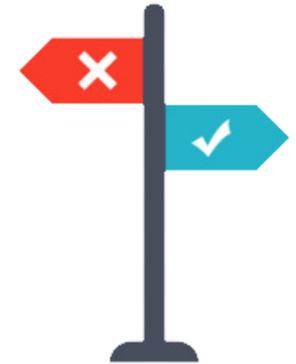


Conclude with a short prayer of thanksgiving for this time of sharing.



5. What to pay attention to during the conversation

- Especially during second round of spiritual conversation and afterwards
- Presence vs. absence of the fruits of the Spirit (Galatians 5:22-26)
- Group consolation
 - Group truly engaged in active listening and intentional speaking
 - Emergence of shared insight, truth, consensus which energises participants
 - Greater union, acceptance, inclusivity, appreciation
 - This is the sign that the Spirit is at work and leading the group towards God
- Group desolation
 - Decrease in energy, withdrawal, disengagement from active listening and intentional speaking
 - Fear, avoidance, decrease in trust and openness, feeling of being stuck
 - Personal agendas, competition...
 - This is the sign that the group is moving away from God at that moment and that participants need to ground themselves deeper in what it is they hope to accomplish together



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