

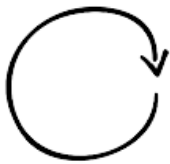
Spiritual Conversation



Participants gather in a circle.
The group facilitator presents how the conversation will unfold.

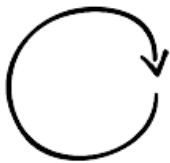
General principles

- People speak in turns, rotating clockwise
- Only one person talks at a time, while the others listen.
- The person to her left starts sharing afterwards and the sharing continues in this way throughout the circle.
- Each person speaks for 3 minutes maximum, the facilitator discreetly signals when time is up.
- Participants share at the level of personal experience, not about general considerations.
A tip to make sure this is the case is to start sentences with "I felt..." "What came to me was..." "I experienced..."
- Participants do not reply or add to what has been shared by other people.



1st round of sharing about insights received in prayer

The facilitator invites everyone to share what they have prepared in advance. Participants speak in turn, following a clockwise order. After everyone has had a chance to talk, the facilitator invites the group to pause for a few minutes to reflect on what resonated the most, what was the most powerful in what has been shared.



2nd round of sharing about what touched me the most in what was shared during the 1st round

Follow the same process using what was shared during the 1st round as the input. The facilitator invites participants to share about what affected them most in what was shared during the 1st round. Again, this is at the level of one's experience: "What touched me the most was..." After everyone has spoken, pause for a few moments to reflect on what seems to be converging or emerging at this stage.

"Popcorn style"

3rd round of sharing about what seems to be converging or emerging at this stage and/or about what we are grateful for

For this round, no need to follow a clockwise order, people can speak even if they are not sitting next to the person who just spoke.

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

