

## **CONTEMPLATIVE LIVING COMMUNITY**

### **Guidelines for Monthly Meeting**

**Meetings:** Meetings are held monthly with at least two members present. The meeting place is decided by the members. It is suggested that meeting dates and facilitators be set by the members at least four (4) months ahead of time.

**Time Frame:** A minimum of five and a maximum of seven hours depending on the size of the community.

**Size:** The Contemplative Living Community will have a minimum of three, an ideal of five and a maximum of seven members.

**Check In:** The Facilitator for the day will advise the time available to each member for check-in. A minimum of 15 and a maximum of 25 minutes is recommended for each member. The faith sharing is to give the member an opportunity (without comment or interruption) to articulate their contemplative journey experience since the last meeting related to their faithfulness in living their commitment to their Contemplative Lifestyle Statement.

**Topic of Discussion:** A topic relating to living contemplatively in everyday life is presented by a different member each month. The presentation is to be 15-20 minutes, and relate to personal experience – information from a book, for example, that we have made our own – how it has affected our lives. It is then open for discussion by the community.

**Check Out:** Bringing closure to the day. A brief sharing of each member's experience of the meeting.

### **Agenda for the Day:**

- ◆ Two 20-30 minute periods of Centering Prayer – one in the morning and one ending the day. The practice of Lectio Divina is optional
- ◆ Check in and check out periods
- ◆ Topic of Discussion
- ◆ Lunch break of at least 30 minutes.
- ◆ 2 10 minute breaks – one in the morning and one in the afternoon

### **Responsibilities of Members:**

- ◆ There is no leader of the Contemplative Living Community. Each member agrees to take full responsibility for the meeting.
- ◆ The intent of faith sharing is to allow the member an opportunity to articulate their contemplative journey experience since the last meeting. The community is listening for the movement of the Spirit in the member's sharing. Suggestions, questions, comments will be given only if asked for by the person sharing, and if time allows.
- ◆ Each member rotates facilitating a meeting. The facilitator for the day stays within the agreed to times, leads the prayer and presents the topic for discussion.
- ◆ To advise the Contemplative Living Communities Coordinator\* of any new members, new groups or the intention to dissolve an existing group.

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