

## **Conversation in the Spirit**

- *a way of conversation that allows for deep listening and responsiveness*
- *a structured process of talking and listening that involves active listening and speaking from the heart*
- *creates the conditions for a group to open up to the Spirit's inspiration and to make decisions accordingly*
- *a way toward discernment that leads to a decision*

### **Preamble**

Before starting, take time for silence, prayer, reading, reflection on question(s).

What do you sense the Spirit inviting as you reflect on the question?

### **1<sup>st</sup> round sharing**

Your own response to the presentation: **What do you sense the Spirit moving in you as you reflect?** (e.g. 2- 3 min max)

- Once first person speaks, next person (after time of silence) will be person to the left.
- Each person will have equal time to share. Facilitator is Timekeeper who will remind you when you have 30 seconds left. Timekeeper's phone will make sound when you have used your time.
- Pause significantly between each person's sharing.
- No comments. Deep listening to each other is your respectful response.

After Round 1, give 1-2 minutes for silence before beginning round 2, so that each can reflect on what was heard. This allows for some further depth.

### **2nd round sharing**

**What did you hear or sense from one another in your group? What is the Spirit moving in you to share of what you heard?** (1-2 min max.) This is no longer what you think, but what you heard from the others in the group. What did you hear and sense?

- Once first person speaks, next person (after time of silence) will be person to the left.
- Facilitator will have sound on for timer.

- Pause significantly between each person's sharing.
- No comments.

### **3rd round sharing:**

**What are WE hearing that we would share with the large group? What is the Spirit moving among us?**

- Once first person speaks, next person (after time of silence) will be person to the left.
- General conversation to follow to determine the key points the group will share.
- Group representative needed to write what the group together decides as the 1-2- 3 key points. (Some table representatives will share with the large group.)

### **Facilitator Role: The facilitator will**

- Keep members focused on what each Round asks
- Invite each person to offer a one-word description of "How do you come to this session?" (e.g. open, eager, tired, interested, reflective, etc)
- Remind all of confidentiality
- **Ensure that the time allocated to each person is respected**
- Serve as **Timekeeper**: Use cell phone and set time at the length of time (ex. 2 minutes) so that a sound comes out when person has reached the full time. (If person does not use full time, stop timer)
- Put hand up to mark when 30 seconds are remaining for the person to speak
- Ensure silence between each person speaking
- Ensure 1-2 minutes silence after round 1 and round 2
- Ask for a 'group representative/secretary' to write down the contribution of group after Round 3
- Offer brief thanksgiving for the sharing