

## Guidelines for Sharing Groups



### The Process is...

- each person shares, in turn, from his or her own experience of the personal prayer and reflection
- each other group member receives what is shared, in silence and without comment
- after each person's sharing there is a brief silence in order to appreciate what has been said
- another person then shares

This process is repeated until every group member has spoken, once only.

The group has finished when each person has shared: it is not necessary to 'fill up' the time artificially.

The group ends when all have spoken. You can then quietly return to your seats.

The group is responsible together for ensuring that each person has time to share.

Each person accepts responsibility for the depth and detail of his/her own sharing.

### Confidentiality

Nothing said in the group may be pursued at any point outside the group except by the person who said it.

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