

Conversations in the Spirit

Start with a minute of silence

Allow everyone a moment to formulate their thoughts before beginning. Remind them they are asked to listen deeply to others and pay attention to their resonances. Give people the question / theme for sharing and then leave a minute's silence before starting Round 1.

Round 1 - 3 mins per person

Taking it in turns, each person speaks for 3 minutes. Others listen actively, do not respond (but the moderator may ask someone to repeat or clarify if not clear).

Pause in silence

Remind people the next round is to share what resonated with them from Round 1. Again leave a moment of silence to collect their thoughts.

Round 2 - 1-2 mins each

This is a **reflective response to Round 1**. Each person responds to what they have heard by describing how they were affected or moved by it — i.e. what they were struck by, touched by, or what insights it provoked.

Discernment of Convergences/Conclusions/Surprises of the Spirit to feedback (1 or 2 important things)

The object here is to identify the convergences in the group (shared resonances), if these have emerged; or to identify disagreements / differences / obstacles.

Some Key Reminders:

For the whole group:

Speaking and listening well. Speak from experience, say how you see it; say what is **most important** (the fruit of your reflection). Offer it as a **gift, not a tool to persuade**. Your task is mostly to listen deeply and closely to **others**, aware of your filters/prejudices. Pay attention to the responses in your heart to what you hear. Is there the “still, small voice” of the Spirit?

For the moderator:

The role of the moderator is key: to time-keep, ensure structure is followed, that everyone has a chance to speak, and (in the third round) nudges the group towards conclusions. The Moderator also speaks and contributes, and feeds back to the plenary on behalf of the group.

For Feedback:

Learn to synthesize and summarize. Sharing what has been distilled, NOT a list of points people have made. What are the one or two important things converged on by the group? These should be noted in the final round - there is no need to take notes in the earlier rounds.

