

October 2024 Theme Packet
The Practice of Intentional Rest
Small Group Discussion Guide

Welcome

welcome, names and check in, offer overview of this gathering to explore the theme (including time expectations):

The Practice of Intentional Rest - In the midst of many demands and changes, what does it look like to prioritize rest?

Chalice Lighting

“I pin my hopes to quiet processes and small circles, in which vital and transforming events take place.” Rufus Jones, Quaker

Covenant

Review the covenant at your first meeting. Does anything need to be refined or included?

- Speak as personally and deeply as we wish--or not. It is always okay to pass.
- Speak kindly about ourselves and others.
- Speak from our own experiences.
- Hold confidentiality. Share your experience of the conversation, not other people's stories.
- Listen respectfully. Avoid giving advice or asking probing questions about others' lives.
- Be aware of power differentials. Consider our own and others' identities and how these

identities shape the impact of our contributions.

Check In

Offer one of these questions or one of your own

How goes it with your spirit?

What's in your mind and heart today?

Conversation

This month we are exploring prioritizing rest and what that looks like in our lives.

People can offer their responses to the service, the reflection questions, their experience with one of the practices, or any of the theme packet contents. You may choose to begin with a go-round or simply let the conversation flow, making sure everyone has a chance to share. If there is a lull, let the silence sit for a time, then offer up a question to continue the conversation.

Optional Starting Questions

What is surfacing for you when you consider the practice of intentional rest?

What stands out for you in learning about prioritizing rest?

Sharing Silence

Before closing the session with the check out and chalice extinguishing, offer a minute of silence to give people a moment to process all that has been said and to share a time of quiet respite. This can also be done before starting the conversation, allowing people who process more slowly time to consider what is surfacing for them.

Leaving

From this conversation about intentional rest, what resonated most for you, what are you taking with you?

Closing Words

Extinguish the chalice

May we find ways to prioritize rest in the coming days. Blessings on us all.