



A Song to Sing

Why Are You Here?

This conversation is an introduction-- an invitation really-- into this journey. In asking "why are you here," it might be worth considering what brought to you this space, or to this moment. What, or who, are you bringing with you to this conversation? Are there particular hopes, topics, or takeaways that you're expecting?

We have several questions prepared for this conversation, but the direction of this conversation--of this journey-- really is up to each of you. We welcome your questions-- your spontaneity and tangents. We welcome your voice and your footsteps on this journey together. We also note that you have a labyrinth and blank paper to use during our conversation.

Tone Setter: Guided Meditation

I want to you close your eyes, take a deep breath in. Breathe out. Center yourself in this space. Breathe in. Breathe out. Think about this question: Why are you here? What led you to this space? What thoughts sit on your heart that you want to share with the group? Open your eyes, and let's start this journey together.

Possible Discussion Questions:

- **Why are you here?**
- What led you to this space? To this moment?
- What are you hoping to find on this journey? To learn? To feel?
- Are there particular emotions or reactions that you felt upon entering this space?

The above questions are not exhaustive, but are dynamic enough to guide the group and allow for their own thoughts and questions to emerge.



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Ways to Engage

Every participant should feel as though they have an open invitation to participate in this journey, regardless of the format they choose. The below are a handful of practices that may be helpful for the group or paired discussion.

Safe: We will do our part to create and sustain a space where everyone can be open and honest about their responses to this conversation.

"I" Statements: Although we are taking this journey together, our experiences are ours alone. We want to hear your thoughts and reactions. To this end, try to use "I" statements, rather than "them," "they," or "the church."

Listen: Listen to the conversation with the intent to understand, rather than the intent to respond or immediately speak next.

Step Up, Step Back: Be mindful of how often you speak. If you notice that you're speaking a lot more than other participants, think about "stepping back" and allowing others to engage in the conversation. If on Zoom, you may also use the chat function to participate in the conversation.



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How does this labyrinth support your thoughts about this journey?
Are there particular thoughts or emotions that arise for you as you trace through this?





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The space below is just for you. Use it to draw or write thoughts that come to mind. Or write questions that you have as they come to you throughout the conversation.

