

Future Full of Hope – A Guide Sheet for Book Facilitation



Purchase the BOOKS that your group wishes to follow. (\$5.00 each)
Invite a small group to gather at your home. (or Church, or office)
Set the dates and times of all 5 gatherings.
(5 Chapters, 1 ½ -2 hour mtg.)
Set a small cost for series - the book and light refreshments
Welcome and greet guests/friends at the door.
One person accepts the payment and gives each person their book.
Serve a cup of herbal/real tea for everyone
as they arrive and get seated.

BUY BOOKS ON AMAZON.CA: https://www.amazon.ca/s/ref=nb_sb_ss_c_2_15?url=search-alias%3Dstripbooks&field-keywords=rosemary+otoole&srefix=rosemary+otoole%2Caps%2C159

Remote Preparations: Be sure you have enough booklets for everyone. Set out your ritual items: Set up your coffee table with a Christ candle (larger white candle) and votive tea light candles lit around it. One candle lit for each person gathering in your home. Or set out any other ritual items you may be using for the theme.

Begin on time and end on time as much as possible!

#1 INTRODUCE PARTICIPANTS AND ORIENTATION TO SERIES (15 min)

Leader: Welcome participants. Invite them to share their name and why they have come to this series. What attracted you to come? What do you desire/ hope for? (All listen. No comments.)

- Tell the group how you are going to facilitate the series weekly (or monthly). Each week for 5 weeks (or over 5 months) we will read and discuss in depth ONE chapter at each meeting.
- At Home: throughout the week, read and pray with the same chapter text. Journal your thoughts and insights, if you wish. Consider your response to the pause and reflect section at end of Chapter.
- When we gather here the following week/month we will have time to share the responses to the Pause and Reflect section of the previous week. Also time to speak about our personal understandings and how we are sensing we are moving along.

#2 GATHERING PRAYER AND OPENING RITUAL (15 min)

Leader: If there is a special song or ritual, time can be set aside at the first meeting to explain or initiate this.

Each week, say a prayer to the Holy Spirit asking God's blessing and guidance upon your time together and your sharing. (If you prefer, use the "Come Holy Spirit fill the hearts of your faithful and enkindle in us the fire of your love..." formal prayer. You could also use a CD song that you like – e.g. Monica Brown CD's have some lovely chants - Holy Sacred Spirit or Holy Ground, or Fashioned and Formed etc.) Spend a few minutes in silence every week. "Where two or three are gathered in my name ... I am with you."

#3 READING ALOUD from the book ... THE INTRODUCTION AND CHAPTER 1 (60 min)

Leader: Leader reads aloud while the group follows along with their booklets. Pause and discuss a section of your reading – as prompted - as you go along. Leader(s) will facilitate the conversations throughout the Intro and Chapter 1. Be sure everyone who wishes has time to share. *(No one needs to offer advice or even comment on what the others have shared. If the leader feels inspired to encourage and build on the sharing with a little further teaching... yes... trust the Spirit in the group gathered.)*

Everyone reads and prays again at home with the same introduction and chapter 1... stay with the reflection of it for the week. Come prepared to share something from the Pause and Reflect questions next week.

Meetings will be 2 hours total.
Closing Prayer. Spontaneous gratitude's.

Meeting #2 Next week/month we will start with the

- Informal gathering with cup of herbal tea
- Leader gets group started on time if possible ... with a welcome and how are you.
- Move right to the checking in with the group doing the “Pause and Reflect” conversations with Introduction and Chapter 1 sections.
- **After 30 minutes or so ... move into ...**
- Leader prays an Opening Prayer followed by a short period of silence.
- Leader(s) read aloud from the book ... Chapter 2 ... pausing by sections ... and adding further stories or explanation if prompted.
- Remind group of their inner soul work at home – read and pray again with this same Chapter 2. Journal.

Meeting #3 ... 4 ... 5 follow the same plan and rhythm. As the weeks go on the group conversations may take more time and the opening PAUSE and REFLECT needs about 30 minutes.

All 5 gatherings for every book in this series will follow the same basic format:

- Gather informally with herbal tea.
- Guide a conversation using the **Pause and Reflect Questions** from last week's chapter. Encourage an open sharing of the past week's insights and experiences in prayer.
- Opening prayer, brief period of silence.
- Start reading the NEXT CHAPTER and pause from time to time to share examples and personal stories as we go along...
- Enjoy the community experience and growing in your spiritual life.

It's a kind of at-home retreat experience – with the weekly meetings and the at-home soul work – praying, reflecting more on the book text.

NOTE: Please feel free to direct any questions to Sr Rosemary O'Toole at upperroom@sympatico.ca