Weekly gathering guide

Listening to each other. 60 or 90 minutes. One person reads the bold lines aloud.

What this is. Everyone prays with the app each day. When you gather, you take the listening you did with the app into listening to each other. **Before you begin:** sit in a circle, light a candle, and have a phone timer ready. Choose someone to read the guide and keep time.

5 3 min if short	**Arrive** Light the candle. Keep one minute of silence. ***Say: "God, we are here. Settle us. Help us listen to you and to each other. Amen."***
3 2 min if short	**Agreements** Read them aloud the first week. After that, read the first line and ask if anyone wants to add one. • What is said here stays here. • Speak for yourself, using "I." • Listen without fixing or advising. • You may pass at any time. • Share the time so everyone has a turn.
25 15 min if short	**Check-in** Each person speaks for about 3 minutes while the group listens in silence. Nobody answers or reacts. After each person speaks, the group keeps a couple of breaths of silence, so that what was said can settle in everyone. Use the timer. ***Say: "What word or moment from this week's prayers stayed with you?" (or use this week's question on page 2)*** After the last person, keep one minute of silence.
30 20 min if short	**Shared conversation** Now the group talks together, as one conversation. Start with a question from page 2, or with what you noticed in your prayers with the app. Follow what comes up. Anyone may speak. Leave room for silence.
15 10 min if short	**Prayer for each other** Choose one way. Let the group decide in a moment. Take about 15 minutes. • **One sentence.** Each person says what they need. The person on their right prays one sentence aloud for them. • **Silence.** Say each person's name. Hold them in silence for 30 seconds. • **Prayer cards.** Everyone writes a short prayer for the person on their left and hands it over. • **Blessing.** Each person receives a blessing: "May you know God is with you this week."
5 3 min if short	**Closing** Read this week's grace aloud together. Set the day and time for next week. ***Say: "The peace of Christ be with you." Everyone answers: "And also with you."***

Questions for each week

Use the check-in question, or ask your own.

	For check-in	For the conversation	The week's grace
Hope	Where did you feel yourself waiting this week? What were you waiting for?	What helps you stay awake to God while you wait?	*"God, let me stay awake to you while I wait, and let my longing be seen."*
Peace	What word of comfort did you need to hear this week?	What is one road you could clear so peace can come?	*"God, let me hear you speak tenderly to me, and show me one road to clear for your coming."*
Joy	Where did a moment of joy find you this week?	What are you sowing in tears?	*"God, let me receive joy as your gift without forcing it, and let me know who I am before I know what I do."*
Love	What is a yes you are being asked to say?	What questions do you carry with your yes?	*"God, let me say my own yes with Mary, freely and with my questions intact."*

If it gets hard

Someone talks past their time.
Say: "Thank you. Let's hold that in silence." Then go on to the next person.

Someone begins to cry.
Wait. Offer a tissue. Keep silence for as long as they need. They do not have to say more.

Someone gives advice.
Say: "Let's listen to their story and let it be." Or: "Let's keep to our agreement to listen."

A person needs more help.
A group listens well and is not a counselor. Suggest a pastor, a counselor, or a spiritual director.

Meeting online

Use the same order. Keep cameras on if you can. Everyone mutes themselves while another person speaks. Say each person's name before their turn. Pray the same way, with silence between sentences.

Keeping going

Pray with the app each day. Meet once a week. After Advent, the same order works for any season. If one week is hard to get to, meet for 60 minutes using the shorter times shown under each time on page 1.