



R-Group Process

A PRESENCING PROCESS

Materials: 2 white ropes, a blue cloth, a white cloth, candles, chant music

Energy: Calm, centered voice, keep good pacing and energy throughout.

Setup: Position a circle of white rope in the center of the room, large enough for all of the men or women to stand in during the process. Place a smaller circle of white rope within the larger one. The men or women will initially stand in the space between these two circles. Place a white cloth and a blue cloth in the center of the inner circle, intertwined and laid out on the floor like the river in the Cross Ministry Group's logo. Place candles at one end of these cloths and play chant music. Instruct the men or women to circle up within the large circle, outside of the inner circle, and to space themselves out.

Breathing and Body Awareness: "Men [Ladies], close your eyes. Slowly, begin taking deep breaths, in through your nose, out through your mouth. Pay attention to the rising and falling of your chest." [Pause, giving the men or women time to take 4-5 deep breaths.] "Now, feel the floor supporting your weight." [Pause] "Become aware of your body in this place, in this moment. Survey your body - your feet, your legs, your torso, your neck and shoulders, your head. What are you feeling in your body? Lightness? Heaviness? Tension? Tightness? Where are you feeling it?" [Pause. Take your time with this.]

"Keeping your eyes closed, I invite you now to check-in with the group. What are you aware of in your body." [Model this and then give adequate time for everyone to speak.]

Welcome: "Now, men [Ladies], is there something beneath what you are feeling in your body? An emotion? A thought or a story you are telling yourself?" [Pause for 10-20 seconds.] "Again, keeping your eyes closed, I invite you to check in with whatever you are aware of around this."

[Pause, giving adequate time for everyone to speak.]

“Men [Ladies], God is here, in this moment. I invite you to offer short prayers welcoming whatever you are aware of in this moment - your emotions, what your body is experiencing, whatever is coming up for you.”

Let Go: “Now, men [ladies], we are going to sit in silence for several minutes. During this time, think back over the last week. Become aware of anything that has been pulling you out of awareness of God’s presence. And, become aware of anything that has been keeping you from being open to what God has for you.

[Sit in silence for several minutes.]

“Men [Ladies], again keeping your eyes closed, I invite you to offer short prayers surrendering whatever came up for you during that time. After you have prayed, step into the smaller circle of white rope in front of you.” [Give the men or women time to do this.]

Open: “Now, open your eyes men [ladies]. Welcome into this time. I invite you to bring your full self.”