

THE SOVEREIGN CHAIR

After the attendee's Rock Work is finished, one staff person takes him/her over to a chair away from the group. There will be two chairs. One will be facing away from the Rock Work Group. This chair will have a white cloth over the back of it. This is called the "The Sovereign Chair." The other chair will be facing this one.

The purpose of this Chair is to give the attendee a chance to "sit in his/her experience." Why is this needed? During the Rock Work experience, many people are taken to deep places emotionally, spiritually, physically and mentally. It is important for them to have some time to allow their experience to sink in without processing it further. It is a common tendency for the attendee to want to try and understand or talk about what just happened. This is not helpful. Sitting quietly in the chair can help a person to just "be" and allow their experience to be anchored within.

Additionally, this time is a way to transition from the Rock Work time to rejoining the group when they are ready. Imagine what it would be like to simply have someone finish Rock Work and then just return to the circle for the next person's process. They could possibly still be disoriented, distracted, and possibly even devalued.

One person in each Rock Work Group will be responsible for The Sovereign Chair. This will be assigned before the weekend.

Sovereign Chair Staff Person Preparation for the Weekend:

- Become familiar with this document and learn what you are asked to do for this role.
- Watch the video entitled "The Sovereign Chair" which is found on the ministry website.
- Come prepared to lead each attendee in the Rock Work Group to the Sovereign Chair.

How to take a person to the chair:

- Once the attendee's process is finished and everyone has de-rolled, the Sovereign Chair staff person takes the attendee to the chair. There will be water, cough drops and possibly some nuts and fruit in a bowl next to the Chair. Offer the attendee something.
- Place the white cloth over their shoulders and tell them: "This is the symbol of God's presence with you."
- Sit down in front of him/her. Speak these few words: "I'm going to sit with you in silence for a few moments. I encourage you to be still and simply sit with what you just experienced. I encourage you to not analyze it right now but to just receive the benefit of the work you did and to let it soak in. I'm going to sit with you for a while, and then I will rejoin the group. Feel free to stay as long as you like and when you are ready, come and rejoin the group."
- SIT WITH THE ATTENDEE IN SILENCE. Do NOT process him/her or pray for him/her out loud. Just let them be still in silence. STAY WITH HIM/HER FOR AT LEAST FOUR MINUTES. Then, quietly get up and rejoin the Rock Work circle. If they try to speak, gently encourage them to sit in silence.