

Starting the Conversation: Being a Healthy Meeting

Exploring as a whole meeting what it means to be a healthy and vital spiritual community can serve as a great starting point for adopting new efforts around inreach, outreach, or integrating newcomers. When you have a shared vision of what type of meeting you'd like to become together, you can begin to discern a plan that will get you there.

This discussion could take anywhere from 30-60 minutes, or may become a theme of an entire renewal weekend!

Materials needed: markers & flip chart paper

To begin, write the question below on a flip chart paper and settle into centering silence.

- *What makes a healthy and vital meeting?*

After some time in worship, break into small groups of 4-5 and invite the groups to discuss the questions for 10-15 minutes. Return to the whole group and engage in a group brainstorm, recording the responses on flipchart paper on walls.

Possible responses: everyone takes responsibility for their experience in Meeting, a variety of ages, people serve out of joy and not just duty, a gathering that leaves us feeling inspired, like a physical body it needs nourishment and fresh air, open communication, willingness to engage in hard things (internal, interpersonal) and work through them, a safe space to be vulnerable, honor and celebrate differences, independence and interdependence, known in larger society and has a visible presence, strives for deep unity not consensus, safe and welcome space for children

Deepening questions for large group discussion

- How do we measure the health of a meeting?
- What does being a healthy meeting enable us to do together?
- What does being part of a healthy meeting give to each of us as individuals?
- How can we as individuals contribute to the health of our meeting?
- What steps could we take together to increase the health and vitality of our meeting?

Adapted from Britain Yearly Meeting's Outreach Conference Report