

YM23 Share and Tell Report
send to emchandler6@gmail.com

Name of Session:	Sacred Listening
Date/Time	Tuesday 4 July 1 pm
Person submitting report	Catherine Heywood
Clerk/ Convenor/ Facilitator/s	Catherine Heywood
Summary (400 words or less) <i>include number attending your event</i>	<p>Catherine offered an experience of an hour's session of "Sacred Listening" based on a format developed by some North American Friends during the early months of the Covid-19 pandemic. They hold weekly online gatherings, on a drop-in basis, opportunities for spiritual deepening, and broad community building. The core of the process is a query to respond to, in groups of three, in breakout rooms. We used the query, "When have you experienced grace in your life?"</p> <p>After the experience of the process, the 13 participants were invited to stay to discuss and reflect on the session. American Friends have offered to help us if we want to offer these sessions locally. We can also join their sessions, by referral, initially via Catherine, to experience more.</p> <p>Interested Friends can also learn more from an article in the Friends Journal. https://www.friendsjournal.org/we-listen-as-god-listens/</p>