

NRUUF Men's Group Format

7:15PM **Agree on a Group Facilitator for the meeting. If you are the only person in the Zoom Group by 7:15PM, please feel free to simply exit the meeting.

Virtual Chalice Lighting: (Facilitator reads the Virtual Chalice Lighting to set the tone of the room. Facilitator may choose to actually light a candle if they wish, or do so symbolically – others read along while muted and light their own candle if they wish)

“May the light we now kindle Inspire us to use our power,
To heal and not to harm, To help and not to hinder,
To bless and not to curse,
To serve You, Spirit of freedom” – from the Passover Haggadah

Round-Table Check-In: Facilitator will call on each person who is present to do a quick check-in. Please keep it short (2-3 minutes each). We find it usually works best if the Facilitator calls on each person in a clockwise fashion as they appear on the facilitator's screen. Only the person who is speaking should be unmuted.

3-Minute Silent Meditation: Facilitator sets a timer for 3 minutes and indicates the start and stop. Each member silently reflects on the Check-In shares in their own way.

Opening of Sharing Circle:

Note: Experienced Facilitators might decide to use a different format for the sharing and discussion. This is our basic template

We encourage each participant to have a notebook handy to take notes during the shares, in case they hear something inspirational, and/or want to comment on something they hear during the shares. Please remember the CONFIDENTIAL aspect of this sharing group. Never write any identifying information in the notebook regarding other members, or personal information that is shared unless that person specifically gives you permission to do so.

Much in the same way the Check-in was done, the Facilitator calls on each person in a clockwise fashion to share what is on their heart. All other members practice active listening while the person shares. Each person has up to 5 minutes to share.

As the Virtual “Talking Stick” is passed to each successive person, they may comment on any shares that were made by earlier speakers, or they may share something of their own. We encourage participants to have a notebook handy to make notes about anything they want to comment on while others are speaking.

3-Minute Silent Meditation: Facilitator sets a timer for 3 minutes and indicates the start and stop. Each member silently reflects on the Shares in their own way.

Open Discussion: During the remaining time, participants can unmute and discuss the sharing until the end of the meeting time. The group may decide how long they want to stretch the meeting out, but we do not recommend more than 2 hours – closing by 9PM.

Closing Statement: (Everyone mutes and Facilitator reads the Closing Statement – others read along while muted)

“May the sharing of this circle nourish us and give us strength as we move forward into our lives with humility, honor and gratitude”