

# ***The unreflective life is not worth living!***

## ***Socrates***

*Br Damien Price cfc*



Each person comes to the group 'check-in' with a Pastoral Issue that is significant for them. Steps;

- a. General 'catch up' since last time.
- b. First person shares about the issue that they are dealing with. Share as much detail as possible.
- c. The others listen without interruption.
- d. Upon completion - the others are invited to ask clarifying questions which are responded to.
- e. The process pauses for reflection.
- f. When ready the other participants share 'insights' (however small) from their pastoral experience of similar issues. (Constructive ideas, reflections, partial 'answers', parallel experiences.)
- g. Ideally a 'conversation' begins around the issue.
- h. When all feel that you have exhausted the reflections there is a short period of quiet.
- i. The initial 'sharer' now reframes their issue with some degree of new insight. Appreciation are then expressed.
- j. The Second person then shares their pastoral issue .....!

*The Process continues. If necessary there may be a small break. At the conclusion of all sharing there is space for anyone to add an additional insight to their issue or another person's issue that has emerged from the discussion and their inner reflection. A specific date / time for the next meeting is set. A social time entered into.*