

Begin a New Life

Ongoing Support Group

Meeting Outline

Note: For a complete description of how this meeting runs, go to the *Begin a New Life* website (www.BeginaNewLife.info), the page titled, *Ongoing Support Group*, and view the pdf titled, *Meeting Description*.

7:00 p.m. Opening activities

1. Opening Prayer
2. Reading
3. Check-in
 - a. One highlight from each person's day or week, or one opening thought from each person.
 - b. No cross talk or conversation.
 - c. Acknowledge each person's contribution with "Thank you."
 - d. Groups larger than eight are broken into groups of four to eight.
4. Group Business
 - a. Any announcements or group decisions that need to be made.

7:15 Group Sharing (three options)

1. *Step* meeting
 - a. Focus: One of the four steps or a sub-step in the process.
 - b. "What is your experience of living this step of the process?"
2. *Topic* meeting
 - a. Focus: A topic of choice.
3. *Process* meeting
 - a. Focus: People's recent experience of the process.
 - b. "What was your experience of going through the full BNL process?"

8:10 Leading Edge or Personal Time

1. One "leading edge" experience of the process, or a recent insight or personal revelation based in the process.
2. Alternatively, one person requests time and shares a personal struggle with the group.

8:20 Closure

1. Closing Thoughts
 - a. One closing thought per person.
 - b. Otherwise, same as *Check-in* (see *Check-in*, letters b., c., & d, above).
2. Leader for the next meeting
 - a. This is decided on a volunteer or rotational basis.
3. Person responsible for choosing the next meeting's *Step* or *Topic*
 - a. This is decided on a volunteer or rotational basis.
4. The Lord's Prayer

8:30 End Time