

Begin a New Life

Support Group Meetings

Leader Guide

Meeting notes:

1. For a full description of how to run this meeting, go to the *Begin a New Life* website (www.BeginaNewLife.info) ⇒ *Group Activities* ⇒ *Ongoing Support Groups*. Scroll down and click on the *Support Group Overview*.
2. This outline is an example of a one-hour meeting that starts at 7:00 PM. Groups that want more time for *Group Sharing* can lengthen that part of the meeting and adjust the meeting's end time accordingly.

7:00 p.m. Open the meeting

1. Opening prayer
2. Check-in
 - a. One highlight from each person's day or week, or one opening comment.
 - b. No cross talk or conversation during this part of the meeting.
 - c. Acknowledge each person's contribution with the words, "Thank you," before moving on to the next person.
 - d. Groups larger than eight are broken into groups of four to eight.
3. Group business
 - a. Any announcements or group decisions that need to be made.

7:15 Group sharing (three meeting types)

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

7:45 *Leading Edge or Personal Time*

1. One "leading edge" experience of the process, or a recent insight based on the process.
2. Alternatively, one person requests time to share a personal struggle and seek the group's support.

Continued...

7:55 Closure

1. Leader for the next meeting
 - a. If the group has multiple leaders, decide who will lead the next meeting.
2. Choose a person to decide on the next meeting's *Step* or *Topic*.
 - a. Decided on a volunteer, rotational, or assigned basis.
3. Closing comments
 - a. One closing comment per person.
 - b. No cross talk or conversation during this part of the meeting.
 - c. Acknowledge each person's contribution with the words, "Thank you," before moving on to the next person.
 - d. Groups larger than eight are broken into groups of four to eight.
4. The Lord's Prayer

8:00 End time