



CLC Meeting Format

We meet regularly for one hour each week to nourish our relationships with God, become closer “friends in the Lord,” and develop more discerning hearts toward continuing Christ’s mission in the world. Alternatively, some of our groups meet bimonthly or monthly for one to two hours.

Inspired by the *Spiritual Exercises* of St. Ignatius, we try to incorporate elements of the *Exercises*, particularly the *Examen* in our group meetings.

The format of meetings will vary, but the following are typically included in ongoing groups:

I. **OPENING PRAYER:** Can include praying for a grace – asking for the gift the group is seeking through the meeting.

II **SHORT CHECK-IN:** “*Note:* With many groups, it is more helpful to alternate between a longer check-in every other week and a more extended time for the focus exercise during the other weeks. However, everyone is encouraged to share what s/he needs to share *anytime*. Questions for this check-in can include:

- How has God been present/active in my life since the last meeting?
- Where have I experienced God's presence?
- When have I felt disconnected from God?
- How have I found God (or been found by God) in prayer?
- How have I discovered/encountered God in service/mission?
- How have I experienced a greater/lesser willingness to be led by God?

III **FOCUS EXERCISE:** Reflection, extended prayer, and sharing, the main portion

IV **REVIEW OF THE MEETING:** Each person briefly reflects back to the group their experience of the meeting. This might include reflection on the following questions:

- How was I affected/moved during this meeting? Did I experience a shift in my mood?
- Where did I feel positive energy, where did I feel discomfort or challenged?
- Where did I experience consolation (movement toward God)? Desolation (movement away from God)?

V **BUSINESS & ANNOUNCEMENTS**

- Formulate grace (gift to seek) for the next meeting. Invite people to volunteer for the next meeting (opening prayer, focus activity, closing prayer, music).
- What surfaced during this meeting that may give direction for future meetings or topics?
- Make announcements; give reminders; plan outings.

VI **CLOSING PRAYER:** This could include petitions for each other or special concerns.