

## **The Hinsley Zoom**

Saturday morning 10 am till 11.30

**All are welcome!**

### **The schedule**

***Please arrive before 10am***

#### **First Half**

10.00 am Welcome and orientation

Introduction followed by 25minutes Centering Prayer

The prayer period will begin with three rings of the gong followed by a reading

25minutes Centering Prayer

And ends with three rings and a short silence.

***During the prayer period you may choose to switch off your video or redirect your camera.***

Input/Video

10.55 Break (Around 10 minutes)

#### **Second Half**

11.05 Break out groups

Please share your names first.

Then members of the group can share something that might have stood out for them.

**Please see Guidelines for sharing**

Final Gathering

11.30 Prayer and Closure

### **Guidelines for Sharing**

- We accept one another as we are.
- We do not give advice.
- We do not criticize what others share.
- We listen attentively and without interruption when someone else is speaking.

- We keep the sharing in the group absolutely confidential.
- We share experiences from our own lives, not abstract ideas.
- We gather to care, not to cure or remove the crisis or pain. God does the healing.
- We decide among ourselves how much time we will devote to sharing, making sure that each person who wants to share will have a chance to speak.
- We are always free to remain silent if we wish
- When we share we are encouraged to use 'I' instead of 'we', 'you', 'our'

### **Guidelines. For *participating* in the Hinsley Zoom**

#### **DO**

**DO Arrive early** so that any connecting issues are resolved before 10am the room will be open from 9.30

**DO** Check that your microphone is on **mute especially on arrival**

**DO Keep your microphone on mute** unless invited to speak

**DO Switch off your video** if you need to move around especially with a hand held device

#### **Don't**

**Don't** have your Microphone on unless invited

**Don't** Walk around with your video on

THANK YOU!

**Basic skills useful to acquire if you can** . We shall go through these on Saturday mornings 9.55am

How to mute and unmute yourself

How to switch the video on and off

How to switch from Gallery view to Speaker view

How to put your name on your window