

Guidelines for Sharing Stories of Lament, Longing, Hope

Begin with a prayer (provided).

- Participants, one at a time, select a topic from the four topics provided.
- Participants tell their story using the prompts provided. Others hold the story with respect.
- Everyone has an opportunity to speak (if needed, give a time limit, e.g. 5 minutes).
- A silent pause (3+ deep breaths) follows each person's story.
- If time permits, feel free to have a second round of storytelling.

End with the closing prayer (provided).