**Group or Duo Spiritual Direction on the Move**

Here is just a little of what you can expect:  
- If you have an issue of discernment you'd like the group to walk through with you, please let me know so I will have an idea of how many people we might have who will share.  
- If you decide to share, try and determine what the main points are that you could share in 5 minutes or so.  
- If you have time, please read the passage from Parker Palmer's "A Hidden Wholeness," and/or “Group Spiritual Direction” to get an idea of how we are to be present for each other.  If you don't have time, that is okay.  I will go over an abbreviated "ground rules" to make sure everyone is comfortable with the process.  
The process will likely flow as follows:  
- Intro meeting with the guy in the red hat(That would be me, if it’s warm enough for that kind of hat), before entering the trail.  
- We will either be one big group our multiple groups depending on our numbers.  
- We will enter the trail in silence (5 minutes)  
- Following the silence, those who are sharing will be given their opportunities to speak.  
- We will follow up with clarifying questions.  
- We will then have another time of silence (5 minutes) to listen for impressions, insights, etc.  
- Impressions, insights, etc. will be shared with the person who shared their discernment issue.  
- Prayer of thanksgiving for the person who shared.