

# Worship Sharing—

a stepping stone into Meeting for Worship

**Start with Silence**—it can help to mark the entry into this time with chiming a prayer bowl or “lighting” a battery-operated votive candle

**Focus on One Question or Query**

**Use an I Statement**—say how it is for you—speak about your own experience.

**Be Patient**—it can sometimes take a while to find the words

**Take Turns**—each person gets to speak once before anyone speaks for a second time (You don’t have to speak if you don’t have anything to offer right then)

**Leave some Silence between Each Speaker**

**Listen Respectfully**—Don’t comment on someone else’s sharing

**End with Silence**—Mark the end of the silence by chiming the prayer bowl or turning out the candle.