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**COURAGE &
RENEWAL**

Suggestions for Organizing a Discussion Group

If you are thinking about convening a discussion group, here is a brief outline of the key steps for organizing and facilitating it. These points are filled out in more detail in the “Guidelines for Reflection and Discussion” section.

Once you have identified a meeting place and laid out a schedule for the meetings:

- Be sure everyone you invite has a copy of the book and this Guide, which is included in this paperback edition but not in the hardbound edition. You can download a pdf of this Guide to distribute to your participants at <https://couragerenewal.org/healing-heart-democracy-hub/>
- Ask participants to read a designated book chapter or chapters prior to each session.
- Arrange for a computer with Internet access to view the video clips.
- Be clear on who is leading each discussion. It may work best to share this responsibility with at least a few members of the group.
- As facilitator, acquaint yourself with the discussion guidelines in the next section, re-read the chapter you will be discussing, watch the videos and review the questions—and consider others you might raise.
- At the first meeting, establish the tone and direction of the meeting by reviewing the Touchstones on the next page with the participants. You may want to review these at the beginning of each meeting.
- During the meeting, provide a brief time for reflection/writing after a question is posed or the video is watched.
- End each meeting with a brief look at the next meeting. Then invite each participant to share a closing thought, question, or observation.