

Love for the Future: Being at Home on the Earth

Exploration Group

Introduction Session

Find out **who's who** and why each person is interested in doing the course. Decide **where** you are going to meet.

You'll need to contact each other as the course goes on, if only because someone may be late for a session and needs to let the others know, a venue needs changing or something else needs to be altered. Will you do this by text, phone, or e-mail? Make sure you have each other's **contact details**.



It will probably be helpful to have one person in the group who is the **Facilitator**. It could be the same person each time or different people could take on the role in different sessions. The Facilitator's role is to make sure that before the session begins the group has everything it needs; to keep the session moving; to keep an eye on the clock and ensure that the session covers all the ground and does not over-run; and to ensure that each member is able to contribute when they want to. Decide who will be the Facilitator.

For **Session 1** you have a choice for the second half of what you do together. Have a look at it and decide between you which option you are going to choose. And if any preparation is needed, say bringing food for a meal, decide who's going to do it.

Have a look at the preparation material for the first session: what everyone is going to be doing between now and then. Check out that you are agreed on what is involved. You are not going to be checking up on each other but it will be most helpful if you all understand the instructions the same way.

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