

Welcome to *A Course In Miracles* Study Group!

This is a special opportunity for you to learn more deeply what a wonderful and holy person you already are! As you become more at peace and joyful in your everyday thoughts and actions, you will begin to radiate that spirit out into the world. As we change who we perceive we are, the world seems to change too. That is the MIRACLE that Course in Miracles is referring to. Our self concept affects how we perceive the world. And the greatest healing that occurs is to our relationships and our sense of separation from one another. What does it take? A little willingness! Welcome to a “journey without distance!”

Suggested General structure of meetings:

Gather ready to start on time, get restroom and refreshments taken care of.

Begin with sharing time to check in - briefly, how are you, what is happening in your life.

Start the focus toward the study portion. Signify a beginning with a bell or candle.

Meditation— guided or not, music or not, to begin inner focusing on the work at hand.

Read and discuss from the material. Share your thoughts with one another, not just the moderator. You may wish to have a notebook or pencil to mark the book or make notes.

Close with a short Workbook reading, and take a moment to dedicate your best efforts to the week ahead. Help put away tables, chairs and refreshments

Rules:

Non-judgment of self and others as we go through the personal growth process.

Confidentiality—all things discussed within this group are not discussed elsewhere.

Trusting each other with this allows for deeper personal exploration.

Each one is responsible for what one does or doesn't get from the group or material.

Resources:

A Course in Miracles book, occasional other related publications, music, videos, techniques that can make learning more deeply personal, and practical in everyday life. And our greatest resource is ourselves and our commitment and willingness to grow with one another!