



Finale

In a time of stillness, reflect on this group and what each person has meant to you since you have been together.

You have been a gift to each other and have touched each other in deep ways. This stage of your lives together is over and you need to acknowledge its passing. You may decide to continue together as a group, but the next stage will be different and have its own dynamic. For now, you need to take your leave of this part of your journey together.

Let each person have a turn to sit in the middle of the circle. The others each give her or him the gift of a word or phrase as they feel the right one come to them. The person in the middle may write down the words which are said to them, to reflect on them later. When all have had a turn, share how you are feeling.

End with a prayer of gratitude and blessing for all that you have been through together. Enjoy your tea!

Reading List

- William A Barry *God and You*
- Anthony de Mello *Awareness*
- Anthony de Mello *Sadhana*
- Anthony de Mello *Wellsprings*
- Gerard Hughes *God of Surprises*
- Morton Kelsey *The Other Side of Silence*
- John Powell *Fully Human Fully Alive*
- John Powell *Happiness is an Inside Job*
- Adrian van Kaam *Spirituality and the Gentle Life*
- John Veltri *Orientations*



Sergio Milandri has a Masters in Personal Formation and has been a relationship mentor in South Africa for over 25 years. He and his wife, Elizabeth, live in Hout Bay, Cape Town, and run the Sans Pareil Retreat Centre from there. **For more material visit www.relating.com or email sergio@relating.com**