

Prepare a typed list of the people (names, addresses, phone numbers and emails) who signed up that they are interested in the weekly WHY Support Group. Every facilitator should have a copy of this list.

Decide on a day and time based on the majority of those interested AND the availability of facilitator AND what works with the facility (i.e. church schedule). Be consistent in time and place and who is facilitating (suggest at least 2 people). The place is best at a church or local facility that is available every week – not a personal home because then if that person is out of town or sick it causes difficulties in making the change and notifying everyone. Plus it eliminates the possibility of the person whose home it is from becoming the “owner” of the support group. Send out an announcement to all of those who listed email addresses and call those without email and advise when and where.

Facilitators need to get together and work out a facilitator schedule as to who is leading what week. Have a plan from week to week.

All facilitators need to have keys to the church or building or be positive that a janitor or someone will be available to open the doors weekly. Facilitators keep in contact with each other and know what the other is doing and be sure the doors are open for the meeting.

If you want to trade off a week at a time or just do occasional fill-ins and have one main facilitator or do two at a time - whatever works for you all.

Leaders, pass the sign-up sheet around each week to get it updated with missing names and numbers of the attendees. **If you need to contact the whole group for something – i.e. it snows a foot and you have to cancel the meeting (cancel that thought) - then you can divide the list between the facilitators and each will only have to call a few folks to keep everyone informed. Lots easier than the task being on one person.**

Ask the church to continuously, every week, run the announcement that **the WHY Is This Happening to Me AGAIN?! Support Group is meeting every week. Example: Sunday evenings from 6:00 - 8:00 PM at the church.** But leave off the name of the facilitator because they will probably be rotating.

OK leaders - one last tidbit of advice - **BE ON TIME - start on time and stop on time** set the example, whenever possible (I know there will be times when things happen, but TRY anyway ok?). You can close out the meeting at 8:00 (for example) and then those who need to leave can leave and those who want to stay on and chat can as long as the person with the key is willing to wait around to lock up - but it is courtesy to the whole group to be somewhat consistent with the set schedule.

The following is my suggestion – take it or leave it. It would be best to do without the drugs but if you have coffee and tea going just be sure to clean up the kitchen area for the church and turn things off. However, **DON'T DO A BREAK.** The 2 hours flies by and it is really difficult to get people back on track after they scatter out and start chatting and you'll lose time. And the less they drink the less they have to pee. ;-)

And most important – STAY ON SUBJECT. By that I mean this is a WHY Support Group – keep it that way. The work you do should always be along the lines of the WHY work. There are **tapes** (I suggest the church OR the support group purchase a complete set to keep at the church), **make copies of and use the different worksheets** and **“process” each other – learn to hold the space of love while another processes.** All the worksheets are downloadable/printable from our website. There will be a time when someone in the group will want to bring in another agenda such as some other form of belief or topic (i.e. UFOs, paranormal, metaphysical, Buddha, drumming, or something). I guarantee it will happen – it is easier to take a group that is already formed and turn it into something else than to form your own group. So be careful and keep each other accountable for what this support group is about and stick with it.

I hold you in my LOVE and acknowledge you for stepping up to the plate to facilitate this group. Everyone will grow and learn from this experience. Remember, we teach best that which we most need to learn ourselves - so get ready for what you will face each week. ;-)

Together we get one step closer to critical mass when the whole world will be renewed.

Blessings.