

Facilitator Notes for Play

Business

Chalice Lighting

Bring with you what is yours—
 A burdened heart, a joyous song,
 A wearied spirit, a seeking mind.
Bring the gift of yourself to the altar.
It is an honorable gift.
Amerette Calloway

Sharing of Joys and Concerns (each person about 2 minutes)

Silence – holding ourselves and others in silent support – 3 minutes

Shared Readings

You can discover more about a person in an hour of play than in a year of conversation. *Plato*

In the adult world play includes anything done for the sheer joy of it, rather than for a purpose.
Christine Robinson

A notable characteristic of play behaviour is that it generally does not appear to have an immediate practical goal or benefit. . . . Play appears to provide its own reward, at least in the short term, by being intrinsically enjoyable. *Patrick Bateson and Paul Martin*

A child who does not play is not a child, but the man who does not play has lost forever the child who lived in him. *Pablo Neruda*

When we play, we are engaged in the purest expression of our humanity, the truest expression of our individuality. Is it any wonder that often the times we feel most alive, those that make up our best memories, are moments of play? *Stuart L. Brown*

Playfulness is as sacred as any prayer, or maybe more sacred than any prayer, because playfulness, laughter, singing will relax you. And the truth is only possible in a relaxed state of being. *Rajneesh*

I believe that the number one warning sign that we need more rest and play in our lives is when we start taking ourselves, our interactions with others, and our work too seriously. *Scott Stoner*

My own prescription for health is less paperwork and more running barefoot through the grass.
Leslie Grimmer

Deep Sharing/Deep Listening

In the rounds of sharing, pay close attention to the allotted time so that all members have the opportunity to share.

Round 1 (each person about 2 minutes)

Tell the group about a favorite play activity when you were a child.

Round 2 (each person about 5 minutes)

Share more deeply feelings, stories and attitudes on play in response to the preparation materials.

Round 3

As time allows, share additional thoughts on play, or reflect on what others have shared.

Closing Words

[Play] energizes us and enlivens us. It eases our burdens. It renews our natural sense of optimism and opens us up to new possibilities.

Stuart Brown

Song or Chime

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share with the facilitator the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, or giving advice
- to share as deeply as I can when it is my turn.