

## **The Listening Hour**

### What to Expect

The purpose of the Listening Hour is to share stories with each other in a virtual format.

What is meant when we talk about sharing stories? These days when we talk about stories, we are usually talking about a newspaper story, or a literary short story. But here we mean something different—a true story that comes from our own experience. Why? We remember moments that are meaningful to us, whether they are about hard times or good. If we can really be open to what comes up for us to share in the moment, sometimes we are really surprised in a positive way, and what we have to say is often interesting and memorable for others as well. Our stories hold wisdom and sharing them can build resilience in difficult times.

The session will last for about an hour. It will have four parts. Part I will be an introduction round; it will include a few minutes of chatting. In part II I will invite everybody to share an image or feeling that comes up for them in the moment. Part III will consist of a series of longer stories. In the last part we will find a simple way to wrap up.

Will everybody get to tell? Clearly, everyone will be invited to speak at the start and to share an image (part II). But not everyone will necessarily be a teller of one of the longer stories. What is important is for us all to try and sense is what story wants to be told and at what moment. We do not want to pressure anyone, and rather than stick to a “each person has to tell” policy, we prefer to honour the arc of the stories and the rich interconnections between them.

The Listening Hour will help sustain you in these challenging times.