

**In Thirty Days – Video clips for each day of the month
to encourage exploration of online Christian Meditation groups during COVID-19**

1. ✓Fallow time; being ‘unproductive’ yet generative; trying something new
2. ✓Facetime; not liking what I see in me; focusing on others’ faces with compassion
3. ✓people meditating with others in the same place where they meditate by themselves – more time!
4. ✓Focusing on Now; not thinking about past, not thinking about future; from mind to heart; Now not the time to give up;
5. ✓When the ‘novelty’ runs out; not perfect, but it is what we have; Weathering the storm; not time to make major decisions; staying the course, ‘stick-to-it-ness’
6. ✓Having to listen and mind the pause in between talk; grace is found at the end of the out-breath
7. ✓It’s ok to fail, when you’ve given it an honest try but it’s just not working. Conceding failure is a vital part of an authentic, meaningful and genuine transformation and growth to new life
8. ✓Give yourself permission to have a ‘eucharistic fast’ during this time. Let’s take a collective breath. Sometimes the best thing to do right now is nothing. It will only deepen our desire and longing.
9. ✓The simple, singular aspect. We focus on what is essential, keeping the main thing the main thing. Find meaning in the small things.
10. ✓Good Friday; our hands communicate; non-verbal
11. ✓Silence of the Tomb; mute button important
12. ✓Easter; God is alive everywhere, not just in church or one time in history; experiment with backgrounds
13. ✓Life finds a way despite us; what I did to the palm tree last year; life is not up to us, it is a grace
14. ✓Hollywood Squares/Brady Bunch; people in relationship connected somehow; no solo Christians, never was; we learn to share space and time on one ZOOM acct. It is a crowded room!
15. ✓Somebody has a birthday, or other special occasion. The ‘before’ time; preparation is important; people ‘visit’ before – very important. Structure social time. We need it. Ask questions, etc.
16. ✓Flattening the curve. Transformation takes time. We’re on a marathon. We can’t do it alone. Mary and Mary to the tomb.
17. ✓Easter is about surprises. Maybe someone new has joined your online group, someone who hasn’t been around for a long time but who now finds this medium more convenient for them.
18. ✓Be vulnerable. Especially if living alone but hesitate to ‘reveal’ to others your messy desk or personal space – show some hidden aspect of yourself
19. ✓Here’s a simple sample outline for your Zoom meditation meeting. Create an online ‘covenant’ or protocol. Be clear about expectations, so everyone knows the ‘order of service’.
20. ✓Ask questions that don’t need an answer. Live with uncertainty. Examples: What is one thing you have discovered /recovered for yourself during this time? One thing you believe will be different in the world and in the way we do things after this is over.
21. ✓For mental health, important to focus on fundamentals & review purpose and tradition. In group process include the tradition. ‘Share’ text from John Main & Laurence Freeman.
22. ✓‘Zoombombing’/distractions – need security; require password, register beforehand; enable waiting room; lock meeting. Build confidence in group process
23. ✓Increase frequency of online meetings to more than 1x/week. “If there is anything good ...”; “There is a time for everything ...” Don’t worry about what this might mean afterward.
24. ✓Use the audio input functions, to listen to the ‘talks’; practice listening through the chime at end. Our receptivity to God.
25. ✓How do you end a meeting? When do you click the ‘leave the meeting’ button, as the host? It can be sudden!
26. ✓Leadership succession. Accompanying the new leader. Supporting. Needing a ‘co-host’ on Zoom to “usher”, or “moderate” if the group is large
27. ✓‘Thanksgiving Thursday’ – pre-meditation sharing: one thing you are thankful for; ritual is important, ritual people expect – this increases strength of group dynamic; important to change & be flexible.
28. ✓Background ‘doors’; when is a door not a door? time of transition; a place of moving and moving out; when lockdown over, what will you do with this experience – continue it in some way?
29. ✓After this lockdown, consider including a device connected to the internet, sitting in the meeting room so that those who can’t be physically present can still participate in the regular meeting; advertise on social media; rotating meetings in homes
30. ✓Doors are also waypoints through to the next thing. Dealing with uncertainty. How quickly do you move through? Phasing in changes; stay tuned here for more talks, links to resources and testimonials.