HOW TO FACILITATE A LIVING ROOM MEETING  
  
In my next mailing, I'll be talking about why faith is so important to our mental well-being. How could Living Room’s Open Door help us with our spiritual needs? Encouraging us in our faith would mostly be done during your meeting’s devotional time as you discuss the topic your facilitator has prepared.  
  
If you have in the back of your mind a wish to facilitate a group, this sampling shows how a topic could be brought to the meeting. Ideally you would start with a piece of Scripture. You would start the discussion by very briefly and vulnerably sharing a memory of your own (in this case, suffering). Without personally sharing for too long, turn the topic over to the rest of the group to share their memories.  
  
Did they get support? What was the nature of the support? What helped most?  
  
Try not to talk too much, mostly listening to what the group is saying, only speaking to guide the discussion forward. This can be done by making the occasional comment and asking further questions.  
  
Because of my interest in the topic of suffering, I had previously gathered material dealing with the topic. I didn’t have to do a lot of extra research. As facilitator you will probably have to do research on what you bring to the group. You will find the Internet a wonderful friend. Even the right scriptures can be found simply by googling your topic and including the word “scripture” in your search. It’s fun!

marja