



## EVERYDAY CONVERSATIONS

# 5 STEPS FOR LISTENING TOGETHER

Inspired by Ignatian practice of Spiritual Conversations.

**1.**

**Pose a question\* to the group and allow time for all to consider it deeply (preferably through prayer).**

\*Use the fundamental question below or find accompanying questions on the Synod website

**2.**

**Each person takes 2 minutes to share with the group their own thoughts.**

when others are speaking, remember to listen with an open and humble heart. Remember it is a privilege to be heard, to listen is a gift.

**3.**

**Each person takes 2 minutes to share with the group their reflection on what they heard from others.**

This time when sharing, do not add anything new to the conversation or give an opinion - just your response to what you have heard shared.

**4.**

**Engage in a less structured time of open conversation, with the aim to deepen your encounter with one another, to listen and clarify.**

During this time, remember to listen deeply when someone else is speaking, and to respond to the conversation with an open and kind heart.

**5.**

**After the conversation, write a short reflection on the one, two or three main points that rose to the top of your sharing together.**

There does not need to be total agreement among your group, but it should be an accurate reflection of what was heard by the whole group.

The fundamental question that will guide the journey towards the Synod is:

**In what ways can we respond to the call of the Holy Spirit to be a more synodal Church in the Diocese of Parramatta?**

**Submit your reflection** to the Diocesan Synod here:

**[www.parracatholic.org/synod2023](http://www.parracatholic.org/synod2023)**