**Suggested Outline of the First Learning Session**

1. Opening: *[can be done in a large group]*
   1. Welcome
   2. Opening prayer
   3. Scripture reading
   4. Introductions
2. About the program: *[can be done in a large group]*
   1. A brief overview of the program (what happens when).
   2. Read Bishop Quinn’s remarks and hand out that page.
   3. Read the Disclaimer.
   4. Discuss confidentiality.
   5. Provide blank journals to participants who did not bring one.
3. About Companioned Prayer: *[should be done in a small group]*
   1. Share your own personal experiences of the prayer (and their significance to you).
   2. Briefly discuss how companioning works.
   3. Read out loud the “Guidelines for Praying” but not the sixth bullet on sharing symbols.
   4. Do not describe each prayer movement. Do not yet share the printed prayer form. Do not provide any instruction regarding the sharing of symbols.
4. Companion one person at a time: *[should be done in a small group]*
   1. Immediately after each person is companioned, ask them questions or provide observations intended to help them reflect upon their prayer experience and its significance to them. See the separate document titled, “Guidelines for Reflecting the Prayer Experience.”
   2. Do not use this individual time after each prayer for instruction in the prayer.
   3. Include individual journaling after each person’s prayer reflection.
5. Group sharing/discussion: *[can be done in a large group]*
   1. Individual sharing and discussion of their prayer experiences.
   2. Invite and answer any questions, including any instructional feedback as necessary.
6. Closing: *[can be done in a large group]*
   1. Hand out the Companioned Prayer Disclaimer.
   2. Hand out the CP form for Ordinary Time (and let them know that there are other forms as well).
   3. Hand out the “Guidelines for Praying.”
   4. Do not provide additional handouts at this session.
   5. Say a closing prayer.