Facilitator moves

THE MAIN MOVE

"Is that in your control?" Ask what each person can keep doing, whatever the group decides.

Then ask: **"What will you keep?"**

When the room needs help

- **Silence.** Wait ten seconds. Ask, "Which meeting do you remember best?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Planning too early.** "Let's finish looking back first."
- **Discouragement.** "What has changed, even a little?"
- **Someone leaving.** Thank them; ask what they'd want for the group.
- **Pressure to lead.** Volunteering is welcome, never expected.

PROTECT THE TIME

Keep the passages to about a minute each. Start planning by minute 65, begin the close by minute 80, and finish at 90.

When asked for your view

Offer it briefly: "Here's my tentative view. What would make you doubt it?" Keep the question open.

Notes and follow-up

Key texts: Passages chosen by members; Seneca, *Letters* 1.

Looking Back, Looking Ahead

What has a year of Stoicism changed?

Today looks back on a year of Stoic practice and plans the next one: which format, which readings, and who will help.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Practice and Reflection

Before you begin

Silence your phone, set a quiet timer, and keep this guide open. Have a few passages from the year ready in case members don't bring one, and a pen for your own notes.

Open (10 minutes)

Welcome. Challenge ideas, give reasons, and share the floor. Passing is always fine, and a made-up example works as well as a personal one. If the group met last month, invite one brief report on the practice.

Ask the whole group: **"What's one thing you remember from our first meeting?"** Hear three or four; keep them brief.

Share (20 minutes)

SHARE ALOUD · A PASSAGE FROM THE YEAR

Invite each person to read one passage from the year that stayed with them, and say in a sentence why. Anyone may pass or simply listen.

Ask: **"What do these passages say about what we've valued?"** Then move to the discussion.

Open · 10 min	Share · 20 min	**Discuss · 35 min**	Plan · 15 min	Close · 10 min
Welcome; one year in	Passages read aloud	Questions 1–4	Choose year two's format	One sentence each

Discuss

1. Which idea have you used most this year?

Probe: When did you last use it?

2. What still feels hard to practice?

Probe: What would make it easier?

3. What kept you coming back?

Probe: What would you tell someone thinking of joining?

4. What has a year of Stoicism changed for you?

Probe: Who else has noticed?

GOING DEEPER · IF THE ROOM IS READY

Seneca thought progress shows in what we stop wanting. What have you stopped wanting this year?

Plan: our second year

Start with this case, or use a volunteer's example if one is ready. The group has met for a year. Some want to keep the same format, some want to read a book together, and some want more practice.

Work through the steps aloud. Take two or three answers at each step.

1. **Look back.** What has worked for us, and what hasn't?
2. **Choose.** What format fits us next year? Topic Ideas lists options.
3. **Commit.** Who will help, and when do we start?

IF TIME ALLOWS · THE REVEAL

The co-facilitator says they can't continue next year.

Probe: What does the group need now, and who might step forward?

Choose together, and leave room for anyone who simply wants to keep coming.

Close

Return to the opening: **"What has a year of Stoicism changed?"** Go around once: each person offers one sentence they'd want to hear again a year from now. Anyone may pass.

UNTIL NEXT TIME · PLAN YEAR TWO

Tell someone outside the group what this year of Stoicism has meant to you.

Thank members, confirm the next meeting, and finish on time. Next time: our second year begins. Announce the format the group chose.

After the meeting: send a short recap through your group's usual channel with one or two observations and the practice.