Facilitator moves

THE MAIN MOVE

"What will you actually say or do?" Ask for a response that serves the responsibility, then rehearse it and hear what follow-through it needs.

Then ask: **"Who sees it differently?"**

When the room needs help

- **Silence.** Wait ten seconds. Ask, "What does the organizer need to hear before booking?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Planning without acting.** "Can someone rehearse the first sentence?"
- **Persistence at any cost.** "What fact would justify changing the arrangement?"
- **Regret after a lapse.** "What information or amends are still owed?"
- **Personal pressure.** Thank them; offer the trip case, a pause, or passing. Do not probe.

PROTECT THE TIME

Discuss from minute 10 to 55, including the reading at question 1. Apply until minute 80. Shorten follow-ups or omit the reveal if needed; close at 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

_____

_____

_____

Fuller explanations, sample responses, and the readings are in the September expanded guide and Meeting Primer. Key texts: Marcus Aurelius, *Meditations* 5.1, 5.9 and 8.32; Epictetus, *Enchiridion* 35. *On Stoic Living*, Weeks 35–38; Week 39 informs the closing integration.

Doing the Right Thing When It Is Hard

What responsibility deserves my steadiness now?

Today we examine a responsibility that feels difficult and test how to fulfill it with honesty and consideration.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Courage · Discipline of Action

Before you begin

Silence your phone, set a quiet timer, and keep this guide open. Have the reading ready on a phone or printout, and a pen for your own notes.

Open (10 minutes)

Welcome. Challenge ideas, give reasons, and share the floor. Passing is always fine. The shared case gives everyone a starting point; no experience with the weekly lessons is needed.

THE SHARED CASE · READ IT ALOUD

Your friends are planning a weekend trip. You want to join, but the cost exceeds what you can responsibly spend. Saying **"I'll work something out"** would let them plan around a commitment you cannot make.

Ask the whole group: **"What do the friends need to be able to rely on before they book?"** Read the shared case aloud before asking the opening question. Hear two or three initial interpretations without settling them, then carry them into the discussion.

Discuss

READ ALOUD · MARCUS AURELIUS, MEDITATIONS 5.1

Read the passage aloud from the linked text or the QR code. Marcus recalls the work of a rational, social human being as he weighs reluctance, rest, and responsibility.

Meditations 5.1

Introduce this passage during question 1, where it helps examine the issue already under discussion. Read it aloud and return to that question; avoid adding a separate preliminary round.

1. What makes speaking about the cost your responsibility?

Probe: What might the friends reasonably rely on if you stay vague?

2. What difficulty can you prepare for without deciding their response?

Probe: What could you say if someone is disappointed by your limit?

3. What needs attention first, and what can responsibly wait?

Probe: Which part must happen before the organizer can plan accurately?

4. How can you return to a responsibility after your own lapse?

Probe: What amends would give the others information your earlier answer withheld?

5. How could clearer judgment and re-aimed aversion help you follow through?

Probe: What feared reaction could otherwise decide your response for you?

GOING DEEPER · IF THE ROOM IS READY

What would distinguish a justified change of commitment from abandoning it because the work became uncomfortable?

Application: rehearse a responsible response

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

1. **Locate.** What needs doing now, and why is it mine? Separate the demands and identify the justified priority.
2. **Prepare.** What will I say or do when the difficulty comes? Rehearse one response and when it needs to change.
3. **Carry through.** Carry it out, listen, and adjust or repair as needed. A lapse leaves work to return to; agreement is theirs.

IF TIME ALLOWS · THE REVEAL

You already said you would come, and the organizer is about to book a place for you.

Probe: What correction is yours to make now? Rehearse it and identify what follow-through remains.

The application tests reasons, execution, and responsiveness. Rehearsing an apology does not establish completed amends; others' disappointment does not by itself show that the limit is wrong.

Close

Return to the opening: **"What responsibility deserves my steadiness now?"** Ask what became clearer or what remains unsettled. Hear brief answers and reasons for a changed view; passing is welcome.

UNTIL NEXT TIME

Notice a difficult responsibility and ask what clear, fitting contribution it calls for.

Thank members, confirm the next meeting, and finish on time. Next month begins our quarter of temperance through the Discipline of Assent: **How can I keep my judgment in charge when an urge feels compelling?**

After the meeting: send a short recap through your group's usual channel with one or two insights or open questions and the take-home invitation.