

# Sample Ritual for the Beginning of the First Meeting

## Step one:

- Pass out note cards and pens.

## Step two:

- Have all present write down the answers to four questions, numbering their answers:
  - Why have you come?
  - What are you feeling now?
  - Why do you want to help \_\_\_\_\_ (care partner)?
  - What do you think you will get out of helping?

## Step three:

- Depending on the group, choose one of the following, or make up a variation of your own:
  - In a circle, read aloud what's been written.
  - Randomly exchange cards and read what someone else wrote.
  - Collect cards in a hat, box or other container. Have a leader read these aloud to the care partner and the group.
  - Pass the cards to the care partner, for him/her to read later.

This ritual or practice has the main purpose of letting the care partner know how she/he figures in the lives of those who have gathered to be part of this care team. When times are tough, this collection may be really helpful.