

## **Soulspace Guidance Notes**

Soulspace is a place where people of all faiths and none can come together to listen and reflect on the things that are important to them and give them inspiration.

For each Soulspace, a theme is set and people are invited to bring something on that topic if they wish. It can be a poem, a piece of music, a reading, a personal story or reflection. Contributions should be short, generally three to four minutes long.

This is not a space for preaching! Please also be mindful of the balance of contributions and of being as inclusive as possible to those who attend.

The contributions are received by the group. Occasionally, follow on comments will be made but this is primarily a listening space not a discussion group.

All members of the group can contribute but you are welcome to come and not contribute: listening and receiving is itself a contribution.

The person who suggested the theme normally acts as a 'light touch' facilitator of the session.

Soulspace ends with a short time of silence to reflect on what has been shared. We depart after agreeing a theme and date for the next session, and any notices of forthcoming events.

Our aim is to meet together for a social time before the Soulspace session starts, building relationships between group members is valued and we do this usually by eating together – bringing and sharing a dish. We have had to change things in Covid times, but our aim is to find ways to return to this kind of pattern. When we cannot meet in person, we meet via Zoom. When we do meet on Zoom, this opens up scope for participation for those who are not in the Stirling/Falkirk area.