



Our Church at Home

Elements in a Session

This a guideline to make your sessions the best they can be, whether you're running the sessions in a care home, church group or as a one to one.



01 Welcome

This is the time to welcome people into the Our Church at Home Creation Session. During this time you will be building relationships with the group. You might decide at this point to sing an introductory hymn, do a body prayer, ask everyone how they are or celebrate somebody's birthday.

Creating a welcoming and friendly atmosphere ready to hear the story is a key element.



01 Welcome

- Welcome every person by name as they come to your session. We suggest making name tags for people to wear during the session that are bold and clear.
- Shake their hand and introduce who you are and which session you will be leading today
- Make sure they can see the screen or place you are telling the story. We suggest everyone sitting in a semi circle.
- Make sure there's is a place for them to put their refreshments and resources.
- If a carer is accompanying a person, make sure you have spare chair next to them.



02

Story and Wondering

Where should the storyteller sit?

In front of the semicircle, making sure everyone can hear and see you and the story cards / screen. There will probably be people coming and going during the session, so you need to make sure that there is an 'escape route' for people so they don't need to move in front of the story.

Wondering

You will be doing the wondering as a one to one with someone or in a group. Ask each question and then repeat it. It can take time for people to think through their response. Don't be afraid of silence. Take time to listen to everyone respond. You can also share your thoughts as you listen to the thoughts of other people. It is not up to you to come up with any 'right' answers. The more you do wondering in the session the more natural it will feel.



02

Story and Wondering

You can start with these questions

- **I wonder what you liked?**
- **I wonder how the story made you feel?**
- **I wonder if this story reminds you of anything else?**

Extra Questions

- I wonder which part of the story is about you?
- I wonder which part of the story is the most important?

There are also specific questions related to theme which you can download on each page. Feel free to add your own questions but try to keep them open ended.

This wondering may lead on to other activities e.g. sitting with one of the pictures from the story or a prayer or making something.



03

Hymns and Prayers

Hymns

You can sing acapella using the song words, access the [BBC Hymns page](#) or if you are musical, play the music on your instrument.

Prayers

You can use the body prayers at the beginning of the story sessions. They encourage participants to stretch and become more alert. The traditional prayers can be used to close a session. You can also print them and invite the person or group to read them out loud.



04 Celebration

Eat and Drink Together

This is a great way to end the session as it gives time for conversations to continue.

- Choose food EVERYONE can eat. Check out before the session so you can plan what this will be.
- Invite visitors and staff to participate in this time together. It is in celebration times we bond as community
- Use the recipes to prepare tasty treats in advance of the session.



05

Further Response Resources

Resources

You can use the resource in the session or throughout the week to stay with the theme.

There are a variety of resources including recipes, crafts, poems and quotes for you to use.

