

Discussion Starters/ Reflection Ideas/ Activities

- Discuss a time when you were welcomed into a new group or into someone's home. What did your peers and/or hosts do to make you feel at ease? Then reflect upon how you can be hospitable in other settings, such as at school, work or in your community.
- Discuss a time when a group to which you belonged excluded someone from membership because they were different. How do you feel about this action?
- Volunteer to be part of a "welcome wagon" project in your community.
- Sharing a meal is a traditional way of extending hospitality. If possible, invite a new friend to sit with you during lunch today!
- Mediation Activity: The intention of this exercise, "Welcoming," is to experience hospitality.

Close your eyes. Breathe out three long, slow exhalations.

Hearing a knock on the door of your house, see yourself going quickly to answer it and, without hesitating, opening the door and inviting whoever or whatever is there to come in. Who is your guest? What is your guest doing and saying? Sense and feel how you are welcoming your guest, even if her or she is not expected or acceptable to you.

Breathe out three times. See yourself sitting at your dinner table with all the seats being filled by strangers.

When you are ready, open your eyes. How do you feel?

