

# How to Start and Lead a Lovist Circle



**A Lovist Circle provides support and encouragement  
for those on the Lovist journey.**

**If you feel led to create a Circle, the following  
guidance might be helpful. Love On!**

## **Meeting Space**

THIS CAN be in a home, community building, or fellowship hall. Think about places where all people will feel safe, accepted, and free to share their insights and personal stories. Zoom meetings allow people who are in different parts of the world to come together and share their Lovist stories.

## **Publicity**

WORD-OF-MOUTH is always valuable. Invite people you believe would be interested, and ask them to do the same. Make a flyer to post on a community bulletin board in your local library or supermarket. Social media platforms are great free avenues for promotion.

Use positive statements, such as: “Do you want to help promote love in your neighborhood, workplace or community? Come to a Lovist Circle and learn how the power of love lights the way to stronger relationships with love, community, and the world. The Lovist Circle is based on *The Lovist Handbook: A Guide for Living Love*.”

Make sure you have backup plans if more people attend than can easily fit in the room. Also, be sure you have a core group of people (4–7) that you can count on to come to the meeting, share their stories, and help you with the set-up and take-down.

## **Guidelines for Being Together**

AT YOUR FIRST meeting, spend some time creating guidelines for being together. Ask participants to each say one thing that is important for them to feel safe and cared for when they are in a meeting, especially a meeting where they might be asked to share their own Lovist experiences. If you have a whiteboard or flip chart, ask someone to act as a scribe and write down words and phrases that participants say out loud. Review the list and ask people to form sentences that express the guidelines you are creating.

## Sharing Lovist Action Plans

IF IT IS your first meeting, you might now ask how many have read the book and then pass out copies of the Lovist Action Plan, which can be downloaded online at [thelovisthandbook.com](http://thelovisthandbook.com).

- Explain what you have learned or experienced by using the Lovist Action Plan.
- Give an example of a time that you used the plan and share also what you learned about Loving Options for the Future.
- Allow everyone to ask questions and fill out the form.
- After the first meeting, encourage others to share their Lovist action plans and stories.
- They do not have to follow the action plan as they tell their stories. It is most effective when they tell the stories from their heart.
- Ask the participants what they were feeling during the time they were following their plan.
- Loving Options for the Future: This is your opportunity to move towards closing your circle.
- Agree on when you want to meet again. What worked well? What could the group do more lovingly in the future?
- Use a kind of closing (holding hands in a circle, or virtual hands reaching out to your neighbors in the Zoom gallery) that allow everyone to talk, if even briefly.
- Discuss shared leadership for the next meeting and ask for volunteers to help with all aspects of the meeting.
- Choose a quote from *The Lovist Handbook* to share as a closing statement.