

Our meetings will begin focused on a specific topic that will frame our meetings. If you are unfamiliar with Kavanah, the following information should be helpful.

Kavanah. While there are many interpretations of this word, we will use the meaning “intention”. We are expected to pray with *kavanah* - to be mindful that we are speaking to God -- as opposed to simply going through the motions robotically.

Kavanah should also be the expectation for our meeting participants. They should intend to attend - not just happen to be free that night. They should intend to contribute - not just get lucky that the facilitator asked them the right question at the right time. And they should intend to get something out of the meeting - not hope that there's a benefit to them. How can we make this happen? Well, not by wishing - that's for sure. We need to use our *kavanah* and clearly set the expectation that meetings will include meaningful work and important discussions that require the unique perspectives of those people who are invited. We need to set a higher bar for our meetings - not the low standard that we typically employ, saying apologetic things like, “it won't take a lot of time” or “you won't have to do much” or “please -- just show up”. We should tell participants *what to bring, what to read, what to know* and *what to be prepared to do* on every meeting notice to make sure that people have what they need to make the meeting intentional, and productive.