

The Big Community Read

Let's read together

Session 5 - Conclusion

Introduce the session

In this final session, we'll be reflecting on the journey we've taken over the past few weeks and thinking about what we might carry forward.

The book has explored themes like starting small, creating space, and thinking differently. Together, we've had the chance to reflect on our own lives and hear from others along the way.

This session is an opportunity to look back on what has stood out, and to consider what small steps we might want to take from here.

Watch Session 5 Video

Available on www.bigcommunityread.com

Icebreaker

What's one word you'd use to describe your experience of the past few weeks?

or

What's something small that's made you smile this week?

Discussion questions

(You're free to share as much or as little as you like.)

1. Looking back over the past few sessions, what parts of the book or conversations have stayed with you?
2. Which ideas seemed to connect most with people in the group? Why do you think that is?
3. Think back to the picture of peace — not as a calm scene, but as a bird at rest in the middle of a storm.

Patrick asks, "How do you live well within the storm?"

What do you think it means to live well, even when things don't necessarily get easier?

4. The video reflects on how some challenges don't just go away. Do you think people expect life to eventually "settle down"? How realistic do you think that is?
5. The book comes back to the idea that small, consistent steps are what lead to lasting change. Do you think that's true? Where do you see that in real life?
6. Is there one idea or small step you'd like to carry forward from this?
7. As we finish, what's one thing you'll take away from this experience?