

WHEN MAY I JOIN?

Enrollment is open throughout the year if space is available, and if not your name will be placed on a waiting list. We will contact you as soon as there is an opening or a new group is forming. We welcome you to join us!

HOW MAY I JOIN?

Our Renewal Chairperson is responsible for placing those interested in one of the twelve existing groups, or helping to start new groups. If you would like to join a group or if you would like to have more information, please contact:

Marie-Claire Bue
mclaireb@optonline.net
203-803-0416
or
Steven Rosenberg
Rosen323@aol.com
203-254-5683

OUR COVENANT

- I will make a sincere effort to attend all sessions through the end of the church year
- I will notify the group as well as the facilitator in advance if I have to be absent
- I will be considerate of my fellow members by arriving on time
- I will respect the confidentiality of what is said during the group session
 - I will speak from personal experience and listen to others fully and deeply
 - I will refrain from giving personal advice
 - I will not engage in crosstalk during check-in
- I will have the option to speak or refrain from speaking during check-in
 - I will participate but also self moderate so that others may speak
 - I will share responsibility for maintaining a focused and purposeful session
- I will not leave the group without communicating my reasons to the group in person
 - I will warmly welcome and receive new members into our group
- I will do my best, with the help of everyone in the group, to uphold this covenant in order to maintain a safe and respectful environment for the important work we do together

SMALL GROUP MINISTRY



Facilitating spiritual growth through
personal connections

The Unitarian Church in Westport
10 Lyons Plains Road
Westport, CT 06880
203-227-7205
www.uuwestport.org

WHAT IS SMALL GROUP

MINISTRY?

In 2002, the Small Group Ministry program began at The Unitarian Church in Westport as a way to help build and nurture personal connections and foster shared spiritual exploration. Our working truth is that all theology is grounded in personal experience. Our vision is to deepen and enlarge our shared ministry – to ourselves, to each other and our community. Small Groups (also known as covenant groups) are transforming many UU churches across the country.

PROGRAM PURPOSES

- To connect with new friends
- To build commitment to each other and to our faith community
- To listen attentively and share deeply
- To develop and clarify personal values, beliefs and theology
- To have a safe place in which to explore difficult feelings, needs and life events
- To practice covenantal relationship and to teach and learn group facilitation skills
- To care for one another during times of trouble and celebration
- To contribute to the fulfillment of the mission and vision goals of our congregation

HOW IT WORKS

Groups of 8-10 people meet monthly for two hours at a member's home or at church to explore spiritual topics together. Each

group is guided by a member facilitator. The members agree to follow a covenant (see back panel), which is a set of guidelines for respectful group interaction. To participate, regular attendance to the end of the church year in which you join is required.

OUR FORMAT

Each time a small group meets, we follow a format developed to create a spiritual setting and the structure needed to share our journeys, listen genuinely and learn from the experience of others.

- Opening Words -
- Chalice Lighting -
 - Check-in -
- Topic Introduction -
- Group Discussion -
- Brief Check-out and Feedback -
 - Closing Words -
 - Extinguish Chalice

WHO TYPICALLY JOINS A SMALL GROUP?

Any and every member of our community is welcome. We are members of the congregation and those new to the church. We are a diverse group of people, allowing for an interesting cross-section of ideas, opinions and personal experiences. So, come, come whoever you are!

WHAT MEMBERS HAVE TO SAY

“As a group member and facilitator, I have truly found community, a deeper sense of my own theology and a meaningful way to serve others.” “~ Sara Leydon

“I always feel more connected, not only with my co-members, but oddly, even with myself.” ~ Jim Cooper

“I discovered another dimension to our church: a covenanted group that serves personal and theological needs in a constructive manner. The members provide unique insights and experiences in an enlightened and covenanted group”-Bart Stuck

Current Topics

*Vision
Sanctuary
Memory
Mystery
Possibility
Trust
Journey
Wholeness
Curiosity
Beauty*