




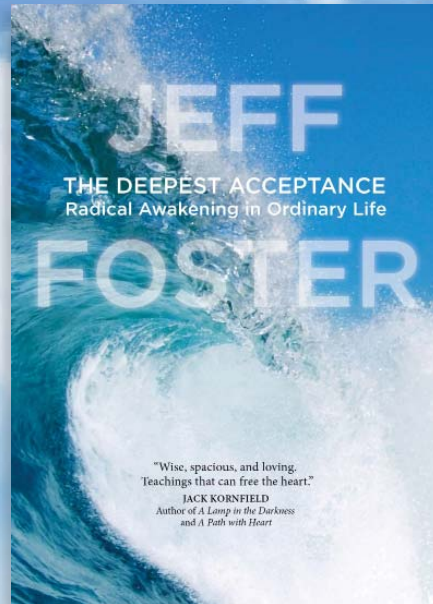
Adventures in Spirituality

2019

Sep. 29 - Nov. 17

Thank you for joining us!

-  Sunday talk series with **Rev. Erin McCabe**
-  Weekly **SpiritGroups** meet for small group book study
-  **HarvestFest** FUNdraiser with Live Music, Dinner & Auction Nov. 15



Join Our Facebook Study Group:

[Facebook.com/groups/UnityAIS](https://www.facebook.com/groups/UnityAIS)

Online Resources: **UnityVillageChapel.org/AIS**

STUDY GUIDE



Inspiring Spiritual Growth and Abundant Living

Sunday Services 10:30 am CST • 600 Unity Way, Lee's Summit, MO 64086
More information and LiveStream at UnityVillageChapel.org

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“THE DEEPEST ACCEPTANCE” BY JEFF FOSTER

WEEK ONE

Chapter 1: **The Wholeness of Life**

WEEK TWO

Chapter 2: **Why Do We Suffer?**

WEEK THREE

Chapter 3: **The Ocean of Acceptance**

WEEK FOUR

Chapter 4: **An Exploration of Present-Moment Awareness**

WEEK FIVE

Chapter 5: **Pain and Illness**

WEEK SIX

Chapter 6: **Love, Relationships and Radical Honesty**

WEEK SEVEN

Chapter 7: **Addictions**

WEEK EIGHT

Chapter 8: **The Search for Spiritual Enlightenment**

***HarvestFest: UVC’s Annual FUNdraiser
with Live Music, Dinner & Auction***

FRIDAY, NOVEMBER 15 ~ 6:30 PM

OPENING PRAYER

We open this sacred space acknowledging the power of Divine Love which draws us together today. Each of us is a unique unrepeatable expression of God. Together as One, we are a powerful combination of souls. We acknowledge and appreciate the choice each person made to be here. This is a gathering of friendship and support. We are immersed in light and we bless our community and each SpiritGroup gathering this week. Grateful for the insights, connection and spiritual growth, we say thank you Spirit. And so it is. Amen

AFFIRMATION

Our hearts, hands and eyes are open as we are immersed in a holy field of life, love, and wisdom. A mighty quickening of mind-body-Spirit is happening right here, right now.

HOUSEKEEPING

Commitments, Sacred Agreements and the Five Disciplines; Announcements

CHECK-IN

Share what is most alive for you this week.

MEDITATION / MINDFULNESS EXERCISE

We take a moment to bring our attention and intention to this present moment. *(Pause)*

Setting aside anything that may have been on our minds and simply allowing the breath to take us deeply into this moment.

Tune in to the breath. *(Pause)*

As you slowly inhale and exhale, allow each breath to lengthen and deepen as your awareness drops from the mind to the heart center.

Let us breath here for a moment in the silence. *(1-7 minutes in silence)*

By the power of this practice, may all beings have freedom from suffering and the causes of suffering. May all beings know God as love and themselves as an emanation of this love. May all beings know they are born blessed and here to be a blessing to all. Namaste

DISCUSSION

1. What touched you, inspired you, or captured your attention during this week's reading?
2. How did this week's reading show up in your life to cultivate spiritual growth and abundant living?
3. Review and discuss the questions/exercises from this week's reading.

CHALLENGES FOR THE WEEK

Each SpiritGroup member is invited to select an area of "challenge" or growth during our time together. Individuals support one another in that growth by serving as accountability partners.

CLOSING

Prayer Requests

Acknowledgement of Spiritual Community

SpiritGroups are part of the core services of our ministry. There is no financial offering received during this meeting. Your ongoing contributions make gatherings like this possible for everyone in our spiritual community.

Blessing Statement

Divine love through us, blesses and multiplies, all of the love offerings and tithes flowing to Unity Village Chapel now. And so it is. Amen

Prayer for Protection

The light of God surrounds us; The love of God enfolds us;
The power of God protects us; The presence of God watches over us.
Wherever we are, God is!

Commitment transforms promise into reality. It is fueled by words that speak boldly of our intentions and the actions which speak louder than words. It is making time where there is none. It is following through. It is the power that transforms our lives and our world. It is the daily triumph of integrity and empowerment over skepticism.

COMMIT

I commit myself to this process of spiritual exploration, of fulfilling my soul's longing to understand and express the divine to the best of my ability with my thoughts, words and actions.

HEART

I go to my heart and invite other SpiritGroup members to do the same. I believe in the connecting power of God that dwells in the one heart of which we are all a part.

CELEBRATE

I celebrate the greatness in myself and in you. Our lives are filled with infinite possibilities woven together in Oneness.

LOVE

I love and accept you just the way you are, and I respect your right to be different and to think differently than I do.

SHARE

I openly share my thoughts, feelings and beliefs. I care enough to share my personal experiences authentically and to lovingly listen with intention to your truth.

CHOOSE

I choose words of kindness, encouragement, appreciation and gratitude to build a strong foundation of mutual support.

Sacred Agreements help create a safe and healthy environment for the group. It is important that the group review these agreements and reach consensus.

CONFIDENTIALITY

We honor confidentiality. We do not share another person's story, even good news, without permission. What is shared here, stays here. If there is something you hope to share, ask permission and honor the response.

COMPASSION

We relate to each other with unconditional, compassionate acceptance. Judgmental comments, even unspoken judgmental thoughts are toxic to the group. When we need to process, we ask our host or minister for sacred and confidential support.

TRUTH & INTEGRITY

We are encouraged and supported by one another to honestly and authentically be ourselves. Although it involves risk, speaking our personal truth can occur safely in a compassionate environment.

RESPECT

We show respect for each other and the group by attending each week, arriving on time, not interrupting others and allowing everyone to participate.

CONFLICT

When people come together and speak truthfully, the potential for hurt feelings, triangulation and misunderstanding exists. When left unresolved, these are toxic to the sacred safety of the environment. We encourage speaking *with* people, not *about* them and we refrain from talking about people when they are not present.

GROUP PROCESS

This process is for our own personal and spiritual growth, not group therapy. When discussing program related material, use "I" statements to deepen your sharing and avoid advising, coaching or problem-solving for other members.

PARTICIPATION

We agree to prepare for and participate in discussions and group activities; however, each person has the right to modify his or her participation.

Communion, Connection, Compassion, Community, Challenge.

COMMUNION

Each SpiritGroup includes some form of practice for “communion” with Spirit. Usually, this means affirmative prayer, mindfulness, and/or meditation.

CONNECTION

Each SpiritGroup devotes time during each meeting to building authentic, quality connections with one another.

COMPASSION

Each SpiritGroup member is called to support others in the group by checking in on each other and holding one another in prayer during the week. When we sense that pastoral care might be helpful, we encourage that member to seek guidance and support from our ministers.

COMMUNITY

Each SpiritGroup participates in some form of community service during their commitment to be together.

CHALLENGE

Each SpiritGroup member is invited to select an area of “challenge” or growth during our time together. Individuals support one another in that growth by serving as accountability partners.

YOU ARE **NOT** LISTENING TO ME WHEN:

- 🌀 You do not care about me.
- 🌀 You say you understand before you know me well enough.
- 🌀 You have an answer for my problem before I've finished telling you what my problem is.
- 🌀 You cut me off before I've finished speaking.
- 🌀 You finish my sentence for me.
- 🌀 You feel critical of my vocabulary, grammar or accent.
- 🌀 You are dying to tell me something.
- 🌀 You tell me about your experience making mine seem unimportant.
- 🌀 You are communicating to someone else in the room.
- 🌀 You refuse my thanks by saying you haven't really done anything.

YOU **ARE** LISTENING TO ME WHEN:

- 🌀 You come quietly into my private world and let me be me.
- 🌀 You really try to understand me even if I'm not making much sense.
- 🌀 You grasp my point of view even when it's against your own sincere convictions.
- 🌀 You have given me your positive energy.
- 🌀 You allow me the dignity of making my own decisions even though you think they might be wrong.
- 🌀 You do not take my problem from me, but allow me to deal with it in my own way.
- 🌀 You hold back your desire to give me good advice.
- 🌀 You do not offer me religious solace when you sense I am not ready for it.
- 🌀 You give me enough room to discover for myself what is really going on.
- 🌀 You accept my gift of gratitude by telling me how good it makes you feel to know you have been helpful.

Traditionally, AIS SpiritGroups combine participant's resources and create a themed gift basket for the HarvestFest Celebration live auction, our annual UVC fundraiser. Baskets are displayed during the event and auctioned off as part of the evening's festivities. SpiritGroups are part of the core services of our ministry. There is no financial offering received during the gatherings. The AIS gift baskets are our way of giving back and supporting the expansion programs of our ministry.

THEME AND CONTENTS

Brainstorm with your group to decide on a theme and what to include in the basket. Be creative! If your theme appeals to a limited audience, less people are likely to bid on the basket. By the same token, baskets that have a very commonplace theme will generate less appeal. Think out of the box (or basket)! ***All items must be new and gift cards/certificates need to be from public establishments.***

Determine how you will generate the components of the basket (for example, split the cost among the group, or have members of the group identify specific items they can donate). ***Please don't solicit Unity bookstore, Hotel or any other Unity department.***

PREPARATION

Assemble the items decoratively in a container such as a woven basket or other themed container. Make it easy for people to see the contents while giving it a decorative touch. Cover the container with ***transparent*** cellophane wrap and include a tag listing your SpiritGroup members, basket value, theme and contents. Make your identity tag visible while not obscuring the basket's contents.

VALUE

Determine a value for your basket and its contents. Relate to it as a retail value. We ask that the basket's value be a minimum of \$150. Any items that will not fit into a basket may be entered in the other auctions. (Tricky Tray items valued at \$25 and under ~ Silent Auction items valued at over \$25 up to \$150 ~ over \$150 goes as a single item in the Live Auction.) Please fill out a separate form for the extra items. In general, these guidelines will determine where the items go. ***Auction Team will determine the best location.***

ONGOING OPPORTUNITIES THROUGHOUT THE YEAR

- 🌀 Fellowship (After Sunday Service)
- 🌀 Hospitality (Sunday Service) ~ Greeting, Ushering, etc.
- 🌀 Sunday Service Teams ~ AV, YFM, Prayer, Media Table, etc.
- 🌀 Office Volunteer Team ~ Office Support, Marketing & Video, Library, etc.
- 🌀 Social Media Team
- 🌀 Special Services and Events Support
- 🌀 Community Outreach
- 🌀 Acoustic Alcove Concert Support

FIRST QUARTER (JANUARY ~ MARCH)

- 🌀 Un-Trim A Tree ~ Put Away Christmas Decorations
- 🌀 White Stone Service
- 🌀 Winter SpiritGroup Hosts

SECOND QUARTER (APRIL ~ JUNE)

- 🌀 Spring SpiritGroup Hosts
- 🌀 Agape Sacred Service Day
- 🌀 Summer Film Series (June)

THIRD QUARTER (JULY ~ SEPTEMBER)

- 🌀 Youth & Family Ministries Summer Camp
- 🌀 World Day of Prayer
- 🌀 Summer Film Series (July and August)

FOURTH QUARTER (OCTOBER ~ DECEMBER)

- 🌀 Pet Blessing
- 🌀 Adventures in Spirituality SpiritGroup Hosts
- 🌀 Halloween Trunk or Treat
- 🌀 HarvestFest ~ UVC's Annual FUNdraiser with Live Music, Dinner & Auction
- 🌀 Gratitude Potluck
- 🌀 Trim-A-Tree UVC Christmas Decoration
- 🌀 Christmas Eve Candlelighting Service & Burning Bowl Service



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