



STUDY GUIDE

*Coming together to build community,
provide mutual accountability, and encourage
social action for the common good*



Inspiring Spiritual Growth and Abundant Living

Sunday Services 10:30 am CST • 1901 NW Blue Parkway, Unity Village, MO 64065
More information and LiveStream at UnityVillageChapel.org



Meeting Agenda

- 🌀 Opening Prayer & Check-in Round
- 🌀 Housekeeping: Announcements
- 🌀 Review Commitments, Sacred Agreements & Five Disciplines
- 🌀 Content / Discussion
- 🌀 Mindfulness Exercise / Meditation
- 🌀 Challenge
- 🌀 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!*

The Commitment



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.

- 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.
- I go to my heart and invite other Spirit Group 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.
- I celebrate the greatness in myself and in you. Our lives are filled with infinite possibilities woven together in Oneness.
- 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.
- 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.
- I choose words of kindness, encouragement, appreciation and gratitude to build a strong foundation of mutual support.



The Sacred Agreements

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.

The Five Disciplines



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.



Service Opportunities

ONGOING OPPORTUNITIES THROUGHOUT THE YEAR

- 🌀 Fellowship (After Sunday Service)
- 🌀 Hospitality (Sunday Service)
- 🌀 Sunday Service Teams
- 🌀 Office Volunteer Team
- 🌀 Social Media Team
- 🌀 Community Outreach
- 🌀 Acoustic Alcove Support

FIRST QUARTER (JANUARY – MARCH)

- 🌀 Un-Trim A Tree — Put Away Christmas Decorations (Saturday, January 6th)
- 🌀 Acoustic Alcove Support — Connie Dover Concert (Saturday, March 17th)

SECOND QUARTER (APRIL – JUNE)

- 🌀 Extreme Makeover — Spruce Up UVC CommUnity Center (Date TBD)
- 🌀 Agape Sacred Service (3rd Saturday of June)

THIRD QUARTER (JULY – SEPTEMBER)

- 🌀 Youth & Family Ministries Summer Camp (July / Dates TBD)
- 🌀 World Day of Prayer (Thursday, September 13th)

FOURTH QUARTER (OCTOBER – DECEMBER)

- 🌀 Pet Blessing and Memorial (Sunday, October 7th)
- 🌀 Trunk or Treat (Sunday, October 28th)
- 🌀 Harvest Fest (Friday, November 9th)
- 🌀 Gratitude Potluck (Sunday, November 18th)
- 🌀 Trim-A-Tree UVC Christmas Decoration (Saturday, November 24th)
- 🌀 Christmas Eve Candlelighting Service (Monday, December 24th)



Notes / Contacts

