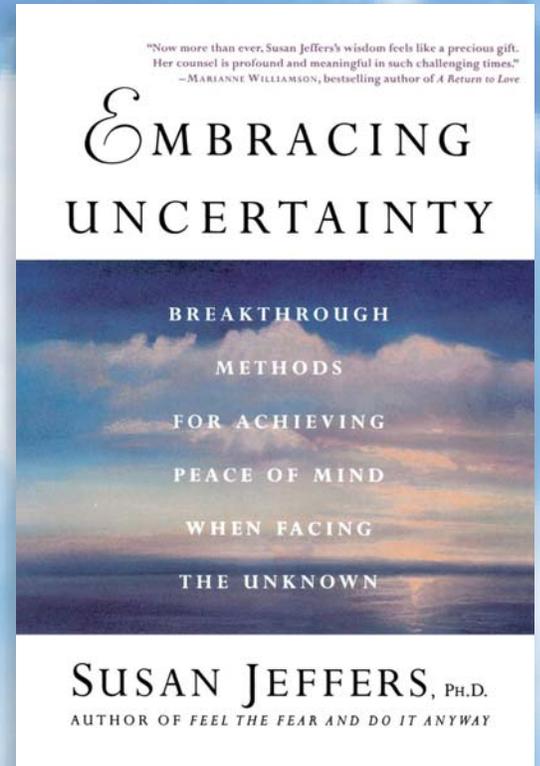


# Adventures in Spirituality

2020

3 Month CommUnity Study

September 6  
through November 29



-  Sunday talk series with Rev. Erin McCabe
-  Weekly Small Groups meet for interpersonal book study

Join Our Facebook Discussion Group:  
[Facebook.com/groups/UnityAIS](https://www.facebook.com/groups/UnityAIS)

Online Resources: [UnityVillageChapel.org/AIS](https://www.UnityVillageChapel.org/AIS)

# STUDY GUIDE

# 1 Contents & Weekly Agenda

*Incorporating Sunday messages and Small Groups centered around a common book, we **study and explore together, deepening our spiritual practices and building community.***

## **WEEK ONE**

**Welcome, Weekly Overview, Commitment & Sacred Agreements**

## **WEEK TWO**

Chapter 1: **The Wonder of Wondering**

## **WEEK THREE**

Chapter 2: **The Power of Maybe...The Value of Doubt**

## **WEEK FOUR**

Chapter 3: **Freedom from Our Attachment to Unhappiness**

## **WEEK FIVE**

Chapter 4: **Increasing the Odds**

## **WEEK SIX**

Chapter 5: **Embracing the Learning**

## **WEEK SEVEN**

Chapter 6: **Collecting Heroes**

## **WEEK EIGHT**

Chapter 7: **Finding Your Meaning and Purpose**

## **WEEK NINE**

Chapter 8: **Embracing the Ultimate Uncertainty**

## **WEEK TEN**

Chapter 9: **Enjoying the Feast!**

## **WEEK ELEVEN**

Chapter 10: **Let God Worry About It!**

## **WEEK TWELVE**

Chapter 11: **Making It a Good News World**

## **WEEK THIRTEEN**

Chapter 12: **Be Prepared**

## **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 Small Group 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 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.

## SPIRIT WORK OPPORTUNITIES FOR THE WEEK

Each Small Group member is invited to select an area of spirit work and growth during our time together. Individuals support one another in that opportunity by serving as accountability partners.

## CLOSING

### **Prayer Requests**

### **Acknowledgement of Spiritual Community**

Small Groups 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 your spiritual center 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 Small 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.

## **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. 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.

## 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.

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SERVICE FOR ALL. NAMASTE.

## ADVENTURES IN SPIRITUALITY

*Incorporating Sunday messages and Small Groups centered around a common book, we **study and explore together, deepening our spiritual practices and building community.***



*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](http://UnityVillageChapel.org)