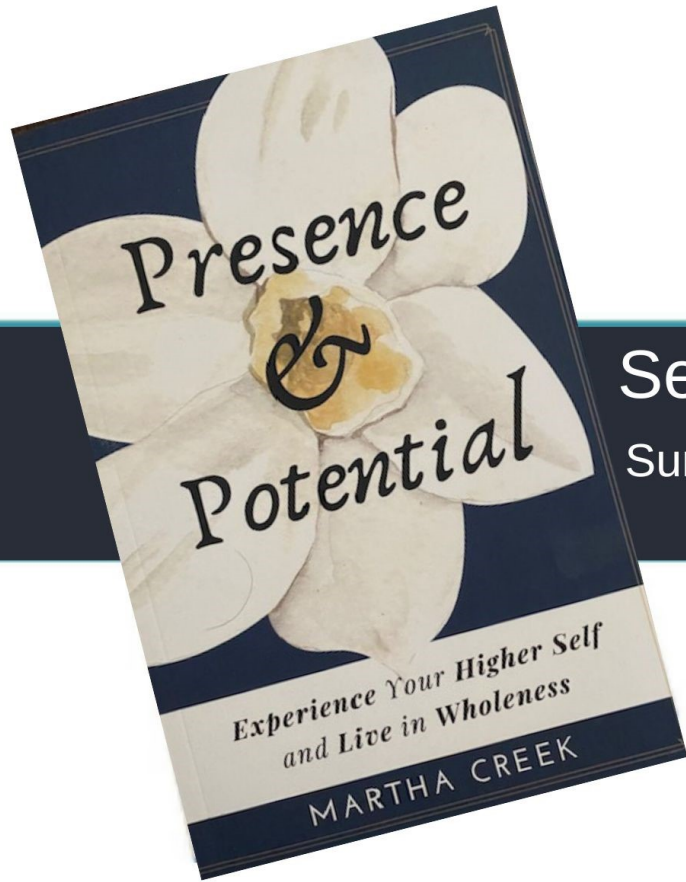


Adventures in Spirituality 2024



September 1 - November 9
Sunday Talks | Small Groups | Celebration

"Life is doing what life does. How we relate to life is up to us."

Martha Creek, Presence & Potential;
Experience Your Higher Self and Live in Wholeness

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

Find online resources at: [UnityVillageChapel.org/AIS](https://www.UnityVillageChapel.org/AIS)

PARTICIPANT GUIDE

CHAPTERS & WEEKLY AGENDA

CENTERED AROUND A COMMON BOOK, WE INCORPORATE SMALL GROUPS WITH SUNDAY MESSAGES.
TOGETHER WE STUDY AND EXPLORE, DEEPEN OUR SPIRITUAL PRACTICE AND BUILD COMMUNITY.

WEEK 1

9/1/24 - 9/7/24

Introductions, Logistics and Bonding

WEEK 2

9/8/24 - 9/14/24

Chapters 1-3: Create Clarity
Pages 11-28

WEEK 3

9/15/24 - 9/21/24

Chapters 4-6: Non-Resistance
Pages 29-42

WEEK 4

9/22/24 - 9/28/24

Chapters 7-10: Inner Dominion
Pages 43-64

WEEK 5

9/29/24 - 10/5/24

Chapters 11-13: Spiritual Oxygen
Pages 65-80

WEEK 6

10/6/24 - 10/12/24

Chapters 14-16: Grounding
Pages 81-92

WEEK 7

10/13/24 - 10/19/24

Chapters 17-19: Subtle Distinctions
Pages 93-106

WEEK 8

10/20/24 - 10/26/24

Chapters 20-22: Cultivate Consciousness
Pages 107-118

WEEK 9

10/27/24 - 11/2/24

Chapters 23-24: Clarity
Pages 119-126

WEEK 10

11/3/24 - 11/9/24

Chapters 25-26: Sacred Spaciousness
Pages 127-133

Sunday November 10th will be a Q & A Sunday Service

WEEKLY GROUP FORMAT

OPENING PRAYER & AFFIRMATION (Some Facilitators may choose to do check-in first)

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 Spirit. Together as One, we are a powerful combination of souls.

We acknowledge and appreciate the choice each person has made to be here. This is a gathering of friendship and support. Immersed in light, we bless our spiritual 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. Namaste.

(Say together) 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

MEDITATION/MINDFULNESS

We take a moment to bring our attention and intention to this present moment. (pause). Setting aside anything that has been on our minds, we tune into the breath. We now allow the breath to bring us deeply into this moment. (pause) As we slowly inhale and exhale, we allow each breath to lengthen and deepen as our awareness drops from the mind to the heart center. Let us breathe for a moment in the silence. (1-5 minutes silence) Through 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

HOUSEKEEPING & CHECK-IN

- Brief personal sharing to be present
- Announcements shared by facilitator or group member

GROUP AGREEMENTS (Read all on week one. Optional the remainder of the AIS group)

Commitments, Sacred Agreements, 5 C's & Art of Listening

DISCUSSION First Week: Getting to know each other activity such as: If you really knew me...game.

- During last week's reading, what touched your heart, inspired you or captured your attention?
- How did last week's chapters cultivate spiritual awareness and abundant living for you?
- What question will the group submit for final ministers Q & A?

SPIRIT WORK OPPORTUNITIES FOR THE WEEK

Each group member is invited to select an area of spiritual practice and growth during the series.

Individuals support one another by serving as accountability partners. (Choose partners during first session)

CLOSING

Prayer Intentions

Acknowledgement of Spiritual Community

Small groups are part of the core services of our ministry. Your ongoing contributions make gatherings like this possible for everyone in our spiritual community.

Bless Offerings

Divine love through us, blesses and multiplies all of the love offerings and tithes flowing to our 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, and all is well.

THE COMMITMENT

Commitment transforms promise into reality. It is fueled by words that speak boldly of our intentions and 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, fulfilling my soul's longing to understand and express the Divine with my thoughts, words and actions to the best of my ability.

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. 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.

THE SACRED AGREEMENTS

Sacred agreements help create a safe and healthy environment for our group. It is important that our 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 our group by attending each week, arriving on time, allowing everyone to participate and not interrupting others.

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 group. We encourage speaking directly with people—not about them. We refrain from talking about others 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 others.

PARTICIPATION

We agree to prepare for and participate in discussions and group activities. However, each person can modify his or her participation.

THE ART OF LISTENING

I am *Listening* when:

- I allow participants to be authentic and I respect their privacy.
- I strive to connect with others, especially when I don't understand what they're sharing.
- I endeavor to grasp other's viewpoints, even when my convictions don't align with them.
- I avoid coaching, offering spiritual Band-Aids, fixing or solving other participant's issues.

FIVE *C'S* OF CONSCIOUSNESS

COMMUNION: Each group session includes communion with Spirit through prayer & meditation.

CONNECTION: Each member invests time and energy in building authentic connections.

COMPASSION: Each member practices compassion by supporting the group with prayer.

COMMUNITY: Each member considers how they can and will serve in this spiritual community.

CHALLENGE: Each member is challenged to take on new spiritual practices.

EVENTS AND SMALL GROUP TEAMS

AIS EVENTS ~ MARK YOUR CALENDAR

Sunday, September 29th ~ Community Cookout & Music Jam on the "Fillmore Lawn".

Wednesday, October 2nd, 6– 7:00 PM CT ~ AIS Facilitator Huddle — Zoom

AIS SMALL GROUP SUPPORT TEAM

Rev brenda ehret 319-360-0333

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Mark Livingston 816-355-4570

LivingstonMA@unityonline.org

Shea Maultsby

maultsbysd@unityonline.org

AIS ONLINE RESOURCES

Find online resources at: UnityVillageChapel.org/AIS

Giving:

Online: <https://tinyurl.com/4rah2t67>

Text to give: (833) 993-2065

Prayer: uvcprayerchaplains@gmail.com

UVC app for Giving & Prayer Wall:

Apple: <https://tinyurl.com/42w2fwtx>

Android: <https://tinyurl.com/42643aj4>

Facebook: Facebook.com/groups/UnityAIS



Adventures in Spirituality

Sunday Services 10:30am CST

200 Unity Circle North, Lee's Summit, MO 64086

More information and LiveStream at UnityVillageChapel.org

Inspiring Spiritual Growth and Abundant Living