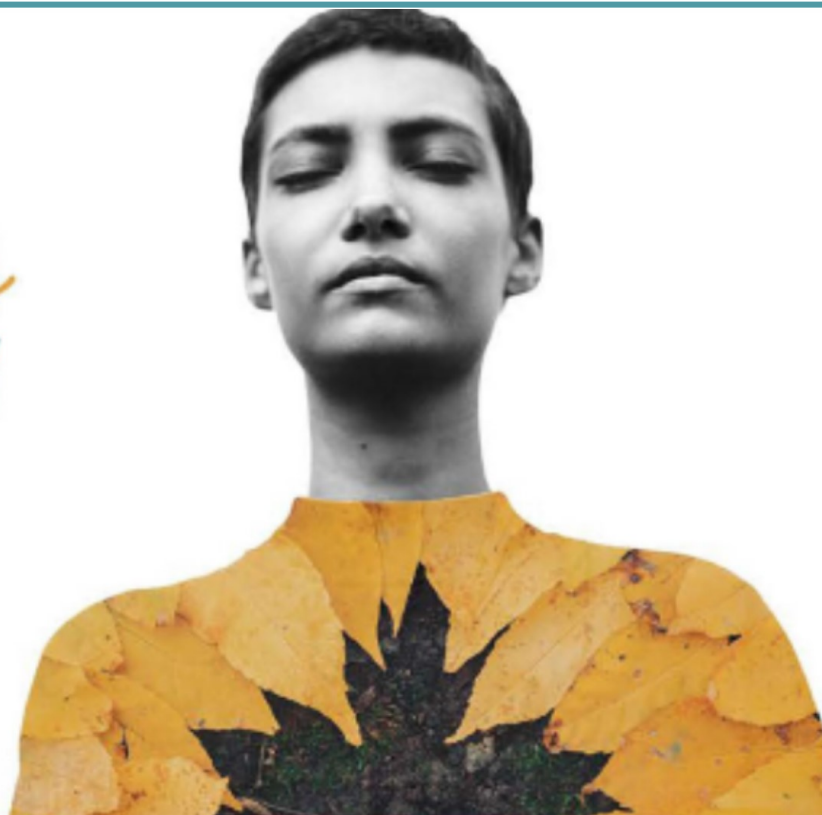
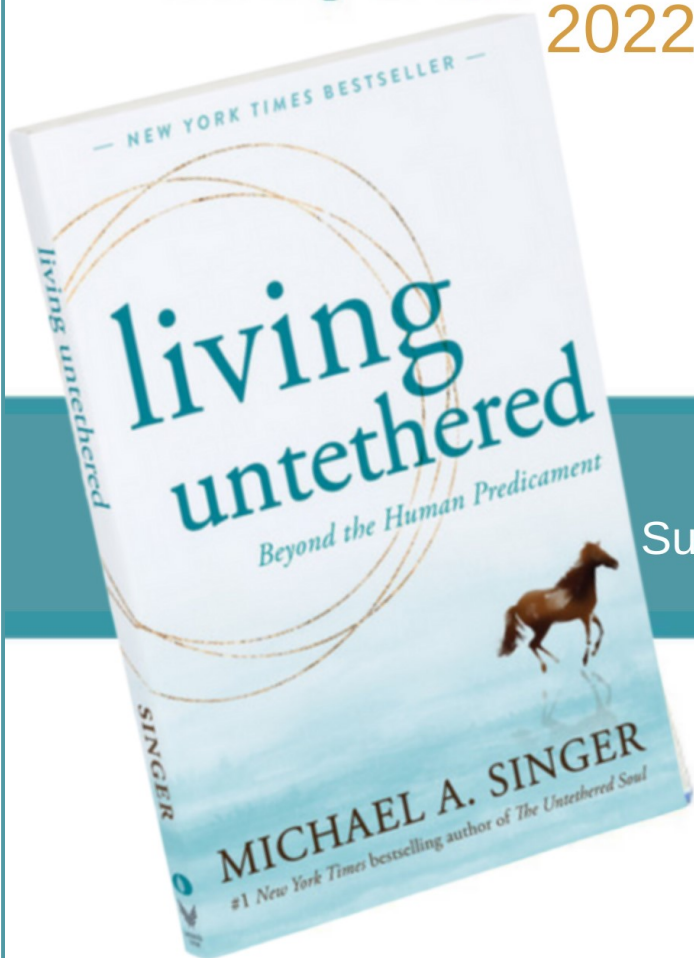


Adventures in Spirituality 2022



October - November
Sunday Talks | Small Groups | Celebration

"There is a much higher way to live life. But it requires that you change how you interact with your mind and with the life unfolding before you."

Michael A. Singer, *Living Untethered Beyond the Human Predicament*

PARTICIPANT GUIDE

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

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

CHAPTERS & 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 1

9/25/22 - 10/1/22

Introductions, Logistics and Bonding

WEEK 2

10/2/22 - 10/8/22

Part I: Conscious Awareness

Chapters 1-5

WEEK 3

10/9/22 - 10/15/22

Part II: The Outside World

Chapters 6-10

WEEK 4

10/16/22 - 10/22/22

Part III: The Mind

Chapters 11-15

WEEK 5

10/23/22 - 10/29/22

Part IV: Thoughts and Dreams

Chapters 16-20

WEEK 6

10/30/22 - 11/5/22

Parts V & VI: The Heart & The Human Predicament and Beyond

Chapters 21-29

WEEK 7

11/6/22 - 11/12/22

Part VII: Learning to Let Go

Chapters 30-34

WEEK 8

11/13/22 - 11/19/22

Part VII: Living a Life of Acceptance

Chapters 35-39

WEEKLY GROUP FORMAT

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 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. 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

ANNOUNCEMENTS

Shared by host and/or participants

HOUSEKEEPING and CHECK– IN

- Commitments, Sacred Agreements, The 5 C's, Art of Listening
- Announcements, Check-in

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

DISCUSSION

- During this week's reading, what touched your heart, inspired you or captured your attention?
- How did this week's reading cultivate spiritual awareness and abundant living for you?

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.

CLOSING

Prayer Requests

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 has the right to modify his or her participation.

THE ART OF LISTENING

I am *Listening* when:

- I approach participant's private world respectfully and allow them to be who they are.
- I strive to understand others, especially when I feel they're not making sense.
- I endeavor to grasp others viewpoint even when it doesn't align with my convictions.
- I allow others to express their "problems" without feeling the need to fix or solve.
- I allow others to explore their own spiritual struggles without offering spiritual Band-Aids.

THE FIVE *C'S* OF CONSCIOUSNESS

COMMUNION: Each group includes some form of communion with Spirit (prayer, meditation).

CONNECTION: Each group devotes time and energy to build authentic connections.

COMPASSION: Each member agrees to support others by holding one another in prayer.

COMMUNITY: Each group participates in some form of community service during the series.

CHALLENGE: Each member is invited to select an area of spiritual challenge during the series.

End of Study Guide

Created and provided completely complimentary
by Unity Village Chapel in service for all. *Namaste.*

Adventures in Spirituality



Inspiring Spiritual Growth and Abundant Living

Sunday Services 10:30am CST | 600 Unity Way, Lee's Summit, MO 64086

More information and LiveStream at UnityVillageChapel.org