



unity<sup>®</sup>  
Village Chapel

SMALLGROUPS



mind  
body  
soul

We are each individual, eternal expressions of Source. Our essential nature is divine and therefore inherently good. Our purpose is to express our divine potential as realized and demonstrated by Jesus and other master teachers. The more we awaken to our divine nature, the more fully God expresses in and through our lives.

**PARTICIPANT GUIDE**

# 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. We are grateful for the insights, connection and spiritual growth. 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 *Review week one*

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

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

- (Ongoing) During last week's group, what touched your heart, inspired you or captured your attention?
- How has this group cultivated spiritual awareness and abundant living for you?

## CLOSING

### -Prayer Intentions

### -Financial Support 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. Link for Giving to UVC: <https://tinyurl.com/49pm9csp>

### -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

### UVC EVENTS ~ MARK YOUR CALENDAR

**Sunday, March 16, 12:00pm CT** ~ Annual Membership and Elections in the Atrium Chapel & Zoom

**Saturday April 5, 9:00– 5:30pm CT** ~ Women Rising : A Day of Sacred Renewal, Inspiration, and Self Care

**Sunday, April 20, 10:30pm CT** ~ Easter Sunday Celebration Service (in-person & online)

**Friday, May 30 - Sunday June 1 , 10:30pm CT** ~ SoulShine Renewal Weekend at Unity Village

### SMALL GROUP SUPPORT TEAM

Rev brenda ehret 319-360-0333

[revbse@gmail.com](mailto:revbse@gmail.com)

Mark Livingston 816-355-4570

[LivingstonMA@unityonline.org](mailto:LivingstonMA@unityonline.org)

Shea Maultsby

[maultsbysd@unityonline.org](mailto:maultsbysd@unityonline.org)

### Small Group ONLINE RESOURCES

Find online resources at: [UnityVillageChapel.org/smallgroups](http://UnityVillageChapel.org/smallgroups)

#### Giving:

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

Text to give: (833) 993-2065

Prayer: [uvcprayerchaplains@gmail.com](mailto:uvcprayerchaplains@gmail.com)

#### UVC app for Giving & Prayer Wall:

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

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



Sunday Services 10:30am CST  
200 Unity Circle North, Lee's Summit, MO 64086  
More information and LiveStream at [UnityVillageChapel.org](http://UnityVillageChapel.org)

Inspiring Spiritual Growth and Abundant Living