



unity[®]
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

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, support and discovery. We bless our spiritual community and each Small Group gathering this week. For our insights, connection and spiritual growth, we are grateful. And so it is. Amen.

CHECK-IN & ANNOUNCEMENTS

Personal sharing to be present

Announcements shared by facilitator

GROUP AGREEMENTS (week one only)

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

MEDITATION/MINDFULNESS

We invest a moment to bring our attention and intention to the present. (pause). Setting aside anything that has been on our minds, we tune into our breath. We now allow our 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 comes to the heart center. Let us breathe 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 love. May all beings know they are born blessed, and here to be a blessing to all. Namaste

AFFIRMATION

*Our hearts, minds and eyes are open. 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.*

DISCUSSION

1. Getting to know each other activity such as: If you really knew me...game (the first week).
2. Reflecting on our last group meeting, what touched your heart, inspired you, or captured your attention during the week?

SPIRIT WORK OPPORTUNITIES

1. How did this week's group impact your spiritual practice and create abundant living?
2. What is your current I AM challenge? With what do you identify as your I AM?

CLOSING

Prayer Intentions

Group members are invited to share personal prayer intentions.

The Law of Circulation

Small groups are a vital part of our spiritual community. Your contributions make gatherings like this possible.

Bless Offerings

Divine love through me, blesses and multiplies all that I have, all that I give and all that I receive. I am grateful.

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.

GROUP COMMITMENTS

My commitment is fueled by words that speak boldly of my intentions and actions, transforming my life and our world.

- Connect** I believe the connecting power of Spirit dwells in the One Heart, of which we are all a part.
- Accept** I love and accept you as you are. I respect your right to think and feel differently than me.
- Choose** I choose words of kindness, encouragement and appreciation to build a strong foundation of mutual support.
- Celebrate** I celebrate the Divine Nature in myself and in you. As we acknowledge Oneness, we celebrate infinite possibilities.
- Share** I authentically share my personal truth. I lovingly listen to your truth.
- Commit** I commit myself to this process of spiritual exploration. I fulfill my soul's longing to know and express the Divine to the best of my ability through my thoughts, words and actions.

GROUP AGREEMENTS

I commit to these Sacred Agreements which foster a safe and healthy environment for everyone in our group.

- GROUP DYNAMICS** I agree to prepare for each session and participate in group discussions to the best of my ability. When sharing, I agree to use "I" statements. I will avoid advising, coaching or problem solving for others. I understand that this group is for personal discovery and spiritual growth. It is not a setting for group therapy.
- RESPECT** I show respect for our group members by attending each week and arriving on time. I silence my electronic devices so I may be fully present. I allow everyone to participate without interruption.
- COMPASSION** I understand that judgmental thoughts and comments are toxic to the group. I relate to others with unconditional, compassionate acceptance.
- CONFIDENTIALITY** I honor confidentiality. I do not share another person's story—even good news—without their permission. What is shared here stays here. When I need to personally process, I ask my facilitator or minister for sacred support.
- VULNERABILITY** I am willing to be vulnerable, even when it feels risky. I share authentically, and encourage others to do the same.
- CRUCIAL CONVERSATIONS** I acknowledge that when people come together, the potential for misunderstanding, hurt feelings and triangulation exists. When left unresolved, these situations are toxic to the sacred safety of the group. For resolution, I agree to speak directly with people—not about them.

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.

SMALL GROUP SUPPORT TEAM

Rev Brenda Ehret ~ 319-360-0333 ~ revbse@gmail.com
Mark Livingston ~ 816-355-4570 ~ LivingstonMA@unityonline.org
Shea Maultsby ~ 201-315-2088 ~ maultsbysd@unityonline.org

SMALL GROUP-ONLINE RESOURCES

Find online resources at: UnityVillageChapel.org/smallgroups

Giving options

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

Text to give: (833) 993-2065

Download the UVC app for Prayer Wall and online giving

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

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

Join: Facebook.com/groups/UnityAIS

PRAYER CHAPLAIN EMAIL ~ uvcprayerchaplains@gmail.com



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