

A Good Blend: A Theme of the Month for Sunday Worship and SGM

Rev. Roddy O'Neil Cleary, Burlington, VT

At the First Unitarian Universalist Society of Burlington, where I serve as affiliate minister, we decided in the fall of 2006 to have a theme of the month for our worship services and to give our Small Group Ministry groups the option of exploring this same theme. The themes have been varied included: beloved community, fear, food, death, happiness, God, hope and change. Suggestions for themes come from the SGM Steering Committee and from congregational members in general. Several months ahead the senior minister, Rev. Gary Kowalski, and myself decide on the theme for each month. Then a month in advance a member of the Small Group Ministry Steering Committee volunteers to develop an SGM session on that theme. The session is distributed to the groups which have the option to use it or not as they choose. Most groups do choose to use the session.

This approach of linking the sermon and SGM theme has been a great success. The group members enjoy the link not just with the Sunday service but also with members of other SGM groups who are most likely exploring the same theme. Overall, it has been a unifying force in the congregation.

And for me personally it has been very rewarding. Having been raised on a Liturgical Calendar, at first I missed not having a lectionary in Unitarian Universalism. The lectionary always provided readings appropriate to the season, whether it be Advent, Lent or Ordinary Time. Fellow congregants came together in their reflections and celebration of joyful, sorrowful, and glorious mysteries. It was like the connective tissue of our spiritual lives.

This is why I took to the idea of connecting the sermon topic to the Small Group theme for the month – like a duck to water. It even gave a kind of buoyancy to sermon preparation. Insights that emerged within our Small Group found their way into my sermons — organic insights that came out of the shared life experience of our members. For a minister the connection between a sermon topic and Small Group is like spreading a wider net beyond one's own experience and the usual research that goes into Sunday sermons.

This is not to say that there hasn't been some resistance. UUs are not known for conformity, some you might say are happier wading along the shore than getting

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Reaching Out Into Our Congregational History

By Peggy Herbert, Concord, NH

There are lots of ways to attract members to Covenant Groups (or Small Group Ministry Groups). For some people, just hearing that the groups are available is enough. Others find out about them through the church newsletters or a Sunday speaker. The UU church in Concord, NH has tried a couple of other approaches that have been successful in attracting people who might not have gotten involved otherwise.

We began our groups in 2001. This was something brand new to the church and the planning committee wanted to maximize participation. They felt that it was an opportunity that would appeal not only to currently active members but also might be of interest to those folks who were no longer regularly attending. The committee members sought out copies of the old church directories and went over them. They were looking to find out who was still around and who might be looking for a low-impact way of getting re-involved. Once the group had identified those people, they sent out letters describing the upcoming program with an application enclosed. While there are no official numbers, some did indeed respond. These folks have been in a group since, and in addition have become more active in the church as a whole.

My own group did something similar when we were looking to add members. We took the church directory and saw who was still listed as a member but no longer came to church. We called them up and invited them to try out our group. Everyone was honored to be asked and two of the three people we called ended up joining. In addition, facilitators are finding that sometimes just going up to someone at church and asking if they'd be interested in joining a group works. One couple told me that they'd been thinking about it since the fall but it took being asked to get them to commit.

Another successful technique the church used was to have a Covenant Group Breakfast one Sunday morning that was open to anyone. Covenant group members spoke enthusiastically about their group experiences. From this, a brand new group formed with two church regulars and five people who had not been part of the church community for years but had come to that morning to see what covenant groups were all about.

What we have learned through this is that we sometimes need to think outside the box as to how to attract

new members. We are always looking for innovative ways and we continue to be surprised by what works.

A Good Blend: Theme of the Month By Rev. Roddy O'Neil Cleary (continued from page 1)

into the water. Those who would prefer not to have a prescribed theme say "people's souls" are the subject in Small Group Ministry. I believe one is not exclusive of the other. Ultimately we are privileged to hear what is happening in each other's souls as we sit in the circle. At the same time some souls take to the structure of a theme, it provides a kind of springboard to getting into the water, the revelation of our own experience.

For me participating in Small Group Ministry is a spiritual exercise, one that keeps me healthy and energized. It's a time for me to process the meaning of my experience, grow in self knowledge, and best of all to be enriched by a deeper understanding and appreciation of the beauty and goodness of those with whom I share community. And for our congregation, having a theme of the month has strengthened and deepened our Small Group Ministry experience.

The UU Small Group Ministry Network (UUSGM Network) Our Mission:

"To help create healthy congregations and a vital Unitarian Universalist movement by promoting and supporting Small Group Ministry."

The UU Small Group Ministry Network is a membership-based organization. The purpose of the Network is to support small group ministry and related shared ministry models in Unitarian Universalist congregations through developing new resources, networking and training opportunities.

Joining the Network

For info on joining and benefits of membership, see the back page of this Quarterly, or visit www.smallgroupministry.net

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The UUSGM Quarterly

Editor: Rev. M'ellen Kennedy

The UUSGM Quarterly provides information, explores issues and shares resources on Small Group Ministry or Covenant Groups. It is funded by our members like you. Do you have a SGM experience to share, or a testimonial, or an exciting aspect of the SGM program in your congregation? Please send your submissions, your ideas and requests for topics to mellen@smallgroupministry.net.

What Is Small Group Ministry?

Small Group Ministry (SGM) or Covenant Groups are revitalizing our congregations. The groups provide an opportunity for community building and spiritual exploration for their members. The groups serve both newcomers and "old-timers" in our congregations who may not yet have found a way to connect deeply in our congregations.

In recent years, many Unitarian Universalist congregations have started Small Group Ministry Programs. A typical group has six to ten members, is guided by a trained facilitator, meets at least once a month and creates and abides by a covenant or set of ground rules. Facilitators usually meet regularly for ongoing support and training.

The **group meeting format** includes a time for centering, an opening reading, a check-in, usually a discussion of a topic agreed on by members, thought-provoking questions, discussion, check-out and a closing. Each group develops a way to welcome new members, stays connected with the larger congregation, and participates occasionally in service projects to benefit the congregation and/or the larger community. The kinds of topics that groups explore are far ranging and are often tailored to the interests of participants. **Small Group Ministry is creating new opportunities for connection, growth and depth for our visitors and members.**

Written by Rev. M'ellen Kennedy

Stay in the Loop! Subscribe to Covenant Group News

Covenant Group News is a free electronic newsletter on Small Group Ministry and Covenant Groups read by 1300 forward-looking Unitarian Universalists. CGNews is edited by Diana Dorroh, distributed by the UU Small Group Ministry Network. To submit your ideas for future topics, contact diana_dorroh@hotmail.com

To subscribe send an email with the word "subscribe" in the subject line to Cgnews-request@smallgroupministry.net

Facilitators' Corner: Those "Aha! Moments" In SGM

Rev. M'ellen Kennedy, Bristol, VT

In Small Group Ministry, we sometimes witness an epiphany or an "aha! moment," either our own or those of others in the group. It may be sudden or gradual and may be felt by one person, several people or perhaps occasionally by the whole group. A limited place in our understanding gives way to a new insight, to a more expanded awareness. Often it can be accompanied by a strong feeling — calm, excitement or even goose bumps. These moments of spiritual growth are at the core of what makes SGM so powerful. Groups that don't experience these moments much, begin to feel stale, shallow or one-dimensional.

We cannot force or make these aha moments happen, but we can invite them. One way of viewing your role as a facilitators is that your job is to create an environment conducive for these moments to occur. Many aspects of the essential SGM model are perfect for inviting these aha moments. (For a description of the essential model see the Fall 2006 issue of this Quarterly, page 4 available online at www.smallgroupministry.net) Let's explore a few ways that this is so.

In order for an aha moment to occur, one needs to be in the present moment, rather than being stuck in one's thinking. Being present means really paying attention to what is happening. This sounds so simple but is actually very hard for us humans to do. Fortunately there are aspects of the SGM model that help participants leave the outside world behind and become fully attentive to the present. These include the opening reading, chalice lighting, silence, and the check-in. A check-in that focuses on the question "What are You leaving behind to be here today?" can be especially helpful. Answering this question helps each member to acknowledge whatever situation s/he is coming from and to attempt to put that on the back burner for the duration of the meeting and thus be more present.

Non- coercion and respect are also essential ingredients for a group environment conducive for these aha moments. As a facilitator, one of the most important ways You encourage a respectful and non-coercive atmosphere is through helping the group develop and abide by a set of relational ground rules. (For more info on this see the Fall 07 issue of this Quarterly available online at www.smallgroupministry.net). Relational ground rules often include agreements about listening deeply, not giving advice, allowing for silence, sharing the time fairly, using "I" statements, not judging, and allowing a person to pass (that is not be obligated to speak if s/he chooses not to). All of these agreements help create a non-coercive and respectful setting in a group. When group members understand what is going on, feel comfortable, safe and

(Continued in right column)

What's Not to Like About SGM?

Rev. Bill Breeden, Bloomington, IN

As I have stated before, I was a reluctant participant in the SGM workshop at Ferry Beach a few years ago. Now, after two years of our small group ministry (Chalice Circles), it is hard to believe the depths of my ignorance. In hindsight it really was a no-brainer. As a co-minister of a growing congregation on the threshold of being a large church, I can say unequivocally that our decision to begin an SGM program was the smartest thing we have done in some time. Why? I can answer it with one word, "Ministry."

Small groups provide another layer of ministry that exponentially increases the ability to touch those persons in our congregation seeking community and meaningful relationships in their lives. Recently I was in the checkout line at the grocery when a woman touched my arm and said, "I just want you to know that your suggestion that I join a Chalice Circle has done me more good than any advice I have ever gotten anywhere." I had to be reminded that she had come in for counseling and after listening to her for a while, I admitted that I really had no answers or miracle cures for her feelings of despair and loneliness. However, I suggested that being a part of a Chalice Circle might provide a space to be heard and affirmed. It had been three months since that encounter, and I had forgotten about it. She didn't come back for more counseling. She didn't need it. She needed, and found a circle of friends with whom to be real.

This is not an isolated example. In the past two years, I have received many testimonials of joy regarding our Chalice Circle program. I have also found it to be a channel of information that keeps me in touch with real needs about which I would otherwise know nothing. I encourage ministers who are interested in growing a vibrant healing community to explore Small Group Ministry. It will bring something new to your church.

Aha! Moments (Continued from left column)

listened to, they are more likely to experience an aha moment

As powerful as these aha moments are, one of their characteristics is that they are very hard to articulate. These experiences happen in a part of our being that is nonverbal or beyond words. Even so, being aware of them and trying to talk about these experiences can help facilitators become more sensitive to these moments and gain skill in inviting these experiences. Perhaps a session of the power of these aha moments would make a good topic for one of your monthly facilitators' meetings? If You have stories, questions or insights about these aha moments in your groups, please be in touch at mellenken@aol.com. Wishing You the best in your important facilitation work, healing our aching, broken world one group at a time.

Report of the March 1 SGM Conference, Devon, PA

Thanks to Main Line Unitarian Church in Devon, PA, for hosting the conference "Small Group Ministry: Building and Strengthening Programs." Fifty-six participants from sixteen congregations in the Joseph Priestley District shared the experiences and excitement of small group ministry and covenant groups as they moved through logistics related to emerging and existing programs.

Is It Time For An SGM Conference In Your District?

A regional Small Group Ministry conference provides the perfect opportunity for congregations in a given geographic area to get together, receive training and guidance from experienced lay leaders and experts, and hear each other's program successes, challenges, and ideas.

The recent one-day event in the Joseph Priestley District shows how a congregation can host such a conference. SGM coordinators at the host church, Main Line Unitarian, consulted the UU SGM Network and arranged for two guest speakers to present a conference directed at three program stages: new, established, and emerging. The district office and MLUC emailed workshop announcements and registration forms to all 64 congregations in the district. The fee of \$35 person (3/\$100) included continental breakfast, lunch, snacks, and conference handouts.

Home hospitality was provided for the guest speakers and participants arriving the day before. Church members donated home- made soups for lunch. One of the church's Small Groups adopted the conference as their service project, acting as greeters, registrars, and kitchen helpers. Proceeds from the conference covered the speakers' air fare, food purchases for the two meals served, and a generous donation to the SGM Network.

As the JPD example demonstrates, a modest fee coupled with home hospitality and simple meals enables a congregation to easily host a workshop. Co-sponsoring with nearby or cluster congregations would make the production even more feasible. Consider the many benefits of hosting: connection of area clergy, leadership, and SGM participants; service to your congregation; affirmation of your own facilitators; and promotion and support of the small group ministry movement on the district level.

The UU Small Group Ministry Network helps local leaders plan regional workshops. To explore the possibility of a conference in your area, contact us as office@smallgroupministry.net.

"Building and Sustaining a Strong Small Group Ministry Program" With Rev. M'ellen Kennedy

This all day workshop will be offered multiple times At the following dates and locations in the fall:

Saturday, September 20, 2008 Hosted by the Unitarian Society of New Haven, CT

Saturday, September 27, 2008 Hosted by the First Unitarian Universalist Society of Albany, NY

Saturday, October Date TBA, 2008 Hosted by All Souls Church, Greenfield, MA

Many Unitarian Universalist congregations are trying Small Group Ministry (or Covenant Groups) as a way to strengthen congregations. This workshop is for lay and professional leaders who are 1) beginning a Small Group Ministry Program or 2) who are in an existing programs in need of revitalization and/or 3) who are seeking inspiration and ideas on how to expand and grow an existing program. The following topics will be covered: the power and purpose of Small Group Ministry; the essential components of a strong Small Group Ministry program; addressing common challenges in an SGM program; developing shared leadership within a small group; handling group difficulties; and a hands-on experience in an actual small group.

Leader: Rev. Dr. M'ellen Kennedy is a Small Group Ministry Consultant. She is a UU community minister and community psychologist. who has been working with lay-led small groups for over 20 years. She has offered facilitator training to hundreds of lay and professionals leaders.

Following is a comment from an attendees at this workshop which was offered at First Congregational Unitarian Church, Concord, NH, Fall 2007.

"The workshop was utterly amazing—
informative, helpful, and inspiring!

I am so grateful to you for offering the workshop, and look
forward to spreading the word and the concepts.

SGM has such great potential to strengthen, and deepen,
the relationships and spirituality in our congregation.

Thank you, thank you, many times over."

Registration and Cost: The registration cost. which includes lunch, is from \$35 to \$40 per person. For more info contact Rev. M'ellen Kennedy at mellenken@aol.com

SGM Facilitator Training Saturday, October 4, 2008, 9-4:30 Hosted by the Unitarian Universalist Church of Portsmouth South Church, Portsmouth, NH

South Church in Portsmouth, NH is delighted to host this specialized SGM workshop. It is a workshop for those with some prior exposure to Small Group Ministry who want to focus on developing their understanding of and skill in group facilitation. It is open to both new and experienced facilitators. Topics will include facilitation as a spiritual practice, developmental stages of facilitators and of groups, dealing with group challenges and the values and theological assumptions underlying facilitation. There will be two actual group experiences focused on topics of concern for developing facilitators.

Leader: Rev. M'ellen Kennedy is a Small Group Ministry consultant and co-founder of the SGM Network. She has been teaching small group facilitation for over 20 years and feedback on her workshops has been excellent. See the description on the previous page for more biographical info. **Registration and Cost**: The fee which includes lunch, is \$40 for one person and \$35 for each additional person from the same congregation. For a registration info contact Rev. Kennedy at mellenken@aol.com.

The most dangerous leadership myth is that leaders are born -- that there is a genetic factor to leadership. ... That's nonsense; in fact, the opposite is true. Leaders are made rather than born. Warren Bennis

Need Help with Your Youth Group? Youth SGM Resource Available Commissioned by the UUSGM Network Written by the Rev. Helen Zidowecki

The Small Group Ministry format has been used effectively with Youth to create powerful group experiences. Drawing on her years of experience working directly with Youth, Helen Zidowecki has created "Small Group Ministry with Youth", a useful booklet for those wanting concrete help. This resource includes a session for facilitators, and discussion and session plans for The Five Steps to Building Community and Six Components of a Balanced Youth Program. A total of 25 session plans are included. The resource costs \$25 plus \$5 shipping and handling. All proceeds from this resource, in excess of development cost, go to support the ministry of the UUSGM Network. You can order the resource on-line at smallgroupministry.net or contact Susan Hollister at sbhollister@juno.com

Community Ministers Use Small Group Ministry Format For Regional Gathering

On Sunday afternoon, March 9, seventeen community ministers from New England gathered in Boston for fellowship and education. Community ministers are those professional and lay ministers who fill their call by serving beyond the boundaries of a single congregation. The event was sponsored by a regional subgroup of the Society for Community Ministries (SCM), (for more info visit their website at uuscm.org). Community ministers include those serving as hospital and prison chaplains, pastoral counselors, rites of passage officiants, social justice workers, spiritual directors, artists and musicians, and those working in social service agencies and non profits (including the UUA). UUA staff representatives included Rev. Beth Miller and Rev. Jory Agate.

After introductions, reports and business, the large group broke into small groups for an actual Small Group Ministry session. The groups were skillfully facilitated by Carie Johnson and Rev. Michelle Walsh. The focus of the SGM session was to help those present share more deeply about their calling and the rewards and challenges of their work. In the words of and Rev. Maddie Sifantus, SCM member and organizer of the event, "The small group experience was what was needed more than anything." The ground rules helped create a safe environment so participants would feel comfortable enough to share. It gave those present an opportunity to set aside time in order to reflect on their ministry and to make deeper connections with fellow travelers. The small group experience was followed by dinner and a closing worship The evening was such a success that those present were eager to continue and several volunteers came forward to begin planning the next event.

Small Group Ministry is being used more and more by ministers and lay leaders to enhance their cluster meetings, District events and regional gatherings. For a testimonial on the powerful use of small group ministry in a ministers' cluster, see the article "Small Group Ministry Magic for Ministers" by Rev. Dena McPhetres in the Winter, '07 issue of this Quarterly (available online at www.smallgroupministry.net).

Report on Beyond The Basics: Moving Forward with Your SGM Program

On Saturday, February 23. fifteen lay and professional leaders from eight congregations relished in the opportunity for an all day advanced training. They loved being together, learning from each other and sharing an actual SGM experience. The workshop, hosted by the Universalist Church in Woodstock, VT, was conducted by Rev. M'ellen Kennedy, and sponsored by New Hampshire/Vermont Community for Small Group Ministry.



Small Group Ministry Institute

August 17 – August 22, 2008
The Mountain Retreat & Learning Centers, Inc.
The Highlands, North Carolina

An opportunity for teams and individuals from congregations of all sizes to learn and practice Small Group Ministry (SGM) with experienced practitioners and leaders. Sessions are designed for new and experienced program organizers, facilitators, ministers and congregational leaders. The week will include presentations, hands-on workshops, small group ministry experiences, sharing, networking, informal "porch chats," worship – and time to enjoy what The Mountain has to offer!

- □ Explore the powerful impact that Small Group Ministry is having in congregations.
- □ Build the skills of new facilitators and enhance skills in problem resolution.
- □ Participate in Small Group Ministry as Spiritual Practice.
- □ Explore Small Group Ministry as related to Social Justice and Faith in Action
- □ Create and select effective sessions, including the use of art, music, and movement.
- □ Learn how to lead your church's small group ministry program
- □ Take home a vision and plan to explore, begin, enhance or expand Small Group Ministry.

The format will include presentations, discussion and workshops, and the **opportunity to meet daily in a small group.** Come yourself—and bring a group from your congregation! Participants will receive a packet of material and resources.

Comments from Participants of previous conferences:

"Thank you so much for all the great useful information. I enjoyed the variety of presenters and topics
. I feel I have the tools I need to start SGM in my church. I also appreciated tips for how I might modify the approach to fit my home congregation."

"I will take back to my church tons of info and insights into how to be more effective. I have more confidence in my abilities and purpose."

"The experience filled my head with information and my heart with inspiration. I feel confident that I can now enhance the spiritual lives of members of my congregation."

Cost: The Mountain, shared occupancy, and Program Fee: \$492; after July 1, \$517 To Register, visit www.mountaincenters.org or Call (828) 526-5838

Sponsored by the **Small Group Ministry Network**, see <u>www.smallgroupministry.net</u>
For questions about conference content, contact Rev. Helen Zidowecki at hzmre@hzmre.com

Small Group Ministry Institute

CONFERENCE LEADERSHIP TEAM

Steve Becker has been involved with small group ministry since 2003 in the Seattle, Washington area, where he has offered facilitator training, served as a member of the Theme Team, and has facilitated a group for persons with special needs. His special interest is developing topics for covenant groups. He is the Vice-President for the Small Group Ministry Network. Steve lives in Seattle.

Diana Dorroh, Program Director, and Rev. Steve Crump have led the Baton Rouge program since its beginning in 1999. That program now has 200 participants. She participated in several workshops organized by Rev. Bob Hill, when he was District Executive of the Southwest District. Her special interest is in using small group ministry to strengthen and grow congregations. She currently serves as volunteer staff at the Unitarian Church of Baton Rouge. Diana is President for the Small Group Network.

Susan Hollister has been a Unitarian Universalist for 27 years and is a member of Main Line Unitarian Church in Devon, PA. She helped launch Small Group Ministry at MLUC and is past coordinator of the Program. She co-facilitates a group, assists the current coordinators, and serves on the session writing team. Susan promotes small group ministry as an ideal way for newcomers to meet people and make connections. Susan is the Treasurer for the Small Group Ministry Network.

Walter LeFlore is a third year seminary student at Andover Newton Theological School. He's focused on enhancing spiritual development and building authentic communities, using the SGM process. He has over twenty years experience using small group process as an organization consultant and as a facilitator in the SGM program at First Parish Stow/Acton, MA. Walter is on the Small Group Network.

Rev. Helen Zidowecki has been involved with Small Group Ministry for 10 years. She is a member of the Augusta congregation, where she is a facilitator and on the Topics Committee. Her special interest is Small Group Ministry in Lifespan Faith Development, and smaller congregations. She was the Program Consultant, Northeast District, until July 2007. She leads workshops and writes materials on Small Group Ministry. Helen resides in Litchfield, ME. She is secretary for the Small Group Ministry Network.

Other leaders may be added. Conference participants will be involved in the facilitation of the Small Group Ministry Sessions throughout the week.

Small Group Ministry At General Assembly June 25-29, 2008 Fort Lauderdale, Florida For more info, visit uua.org

The UU Small Group Ministry Network will present the following workshop at General Assembly this year.

"Strategies and Solutions For Small Group Ministry Challenges"

Many congregations are using Small Group Ministry to meet the needs for intimacy and spiritual growth. We will provide strategies to successfully run programs to prevent and avoid common pitfalls. We'll focus particularly on handling "extra grace needed" members,

and hidden cultural biases that can limit program effectiveness. Panelist will include Rev. M'ellen Kennedy, Rev. Russ Savage, Steve Becker and Diana Dorroh.



The UU SGM Network Booth

The SGM Network is pleased to again sponsor a booth in the Exhibit Hall at General Assembly. We will offer free consultation as well as mini-workshops on popular topics. Staffing the booth is a great opportunity to share your enthusiasm and experience with UU's across the denomination. Volunteers will be oriented by experienced SGM Network members. We make it easy with a FAQ sheet! Please join us at the booth. To sign up to help, contact Susan Hollister, sbhollister@juno.com.

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Benefits of Membership

- 1.Experiencing the joy of helping our grassroots Small Group Ministry movement flourish!
- 2. Getting the SGM Quarterly mailed to your home or congregation four times each year.
- 3. Receiving registration discounts when you attend UU SGM Network sponsored events.
- 4. Receiving assistance when you plan and offer a regional small group ministry event.
- 5. Participating as a voting member in the UUSGM Network Annual Meeting at General Assembly.

Please Consider Giving a Gift to the Network.

To continue developing excellent resources to promote and enhance this movement, we need your support.

The UUSGM Quarterly Editor: Rev. M'ellen Kennedy

Please let us know what topic would you like to see covered in feature articles in future issues.