

Groups of 6-10 individuals meet once a month from October through June with a facilitator in a safe and trusting environment to explore topics through deep listening and sharing.

The context of sharing is through listening and responding with one's own reflections, leaving advice giving and judgment aside. Members covenant with each other to engage with attention, trust and consideration.



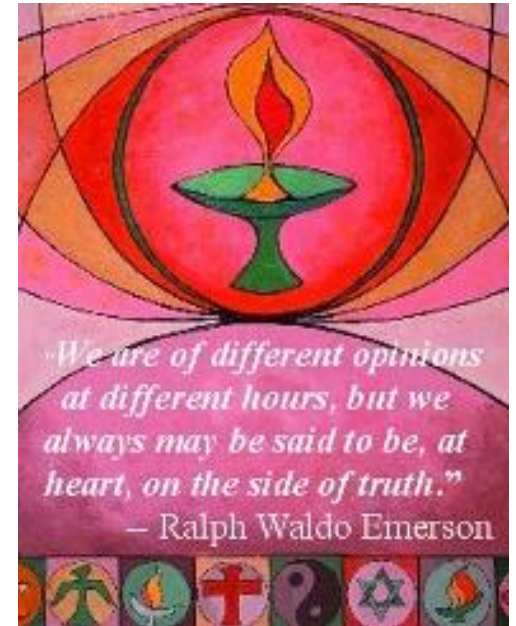
We're growing, we're changing, and together we continue to seek community and connection. Educational groups, committees, social gatherings and fundraising events continue to keep our church thriving. It is time for Small Group Ministry. This speaks to how we connect through right relationship and reverential groups where the mission is more about relationships between people than the topic itself.

Our UU congregation exists largely to be an outlet for one's deepest understanding of life in the midst of a community of faith, experience and spiritual growth. We are guided by reason and intuition; we draw new insights from wisdom learned in the past. We are a religion of tolerance guided by principle, compassion, openness to change, and hope. Our diversity can shepherd connection, respect and mutual growth.

Small Group Ministry lets each person's "little light shine" in a forum of discussion, questioning, and service.



Small Group Ministry



at the
UU Church of
Belfast

Small Group Ministry

... an intentional spiritual growth experience through lay-led groups

- provides an opportunity for participants to connect with others through personal sharing and spiritual exploration beyond what is available on Sunday mornings
- nurtures connections as participants clarify their own assumptions about themselves and experience a way of understanding others
- teaches ministry, a way of caring for one another where the focus is the well-being of each member of the group—ministries of the heart



Let's help each other through the day, and then we can save the world.

— Hill, *Small Group Ministry*

If you are looking for a place to belong, and a place to seek meaning, Small Group Ministry may be just right for you.

- Groups will be formed to accommodate your schedule wherever possible
- Each group will meet once a month at the church. Your commitment to attendance and participation is important
- Members of the group will covenant with each other about being together in the group
- Discussion topics will be provided by the facilitator and will change monthly
- Every session will allow time for each member to speak without interruption on the topic

"... the paradox is: a structure and format are required if we are to create the community of closeness, sharing and trust most of us want within an atmosphere of informality."

— Hill, *Small Group Ministry*

"Of what value are the religious scriptures, scrolls, tapestries, houses of worship, meditation, prayers, missionaries, donations and sermons, if they do not produce useful reactions of individuals to individuals ...?"

— Allan Ward, *Beyond the Visible Spectrum*

Discussion topics will vary, and might include:

- Loneliness
- Joy
- Prayer
- Grief
- Grace
- Family
- Money
- Growth
- Music
- Social justice
- Happiness
- UU culture

*Interested in participating?
Want more information?*

Contact:

Susan Coe or Deane Perkins
blsky13@yahoo.com minister@uubelfast.org
207.691.5153 207.338.4482