

Unitarian Universalist Small Group Ministry Network Website
Session Plan

Deep Sharing

Marc Silling, Eno River Unitarian Universalist Fellowship, Durham, NC,
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Group Business

Chalice Lighting/Chime/Silence/Chime

Opening Words

It takes a lot of courage to show your dreams to someone else. Erma Bombeck

Love only grows by sharing. You can only have more for yourself by giving it away to others. Brian Tracy.

Sharing your inner vulnerabilities with others is an act of great generosity.

Deep sharing rests on trust and commitment as it does in any relationship.

Checkin

Topic Introduction

At the Covenant Group leader meetings, the discussion often concerns how to help members of the groups “share more deeply.”

Implicit in the structure of our covenant group is the assumption that we come to a place of trust where we can speak openly, revealing ourselves in such a way that we are vulnerable but also emotionally supported. Openness and vulnerability lets others see who we really are and creates both intimacy and a sense of community.

Questions for Group Reflection

- What does this phrase “deep sharing” mean to you?
- Is “sharing more deeply” a goal for you?
- Perhaps you could give an example of a time that you shared deeply. How did that experience work out for you?
- If deep sharing is a goal for you, what would make this a more supportive environment for you to accomplish this?
- Does the structure of our group encourage sharing deeply?
- Has our covenant group met your needs for sharing deeply?

Open Discussion

Closing Word and Chalice Extinguishing

One of the most important things you can do on this earth is to let people know they are not alone. Shannon Alder

Likes and wishes Extinguish chalice/chime ringing