

## **Using the Action-Reflection Model for Service Projects**

*By Elizabeth Barrett & David Blough*

*First Unitarian Society, Madison, WI*

*UU Small Group Ministry Network, Spring 2005*

We at First Unitarian Society of Madison encourage each Covenant Group (or Chalice Group as we call them) to do at least one service project per year, either for our church or the larger community. A few of our groups do more than that. In our Covenant Groups, we foster intentionality and growth through service by using the Action-Reflection model.

For many of us, our lives are a continuous cycle of action without reflection. We decide to take action on something, we do it, and then we move on to the next decision and action. The danger of this habit is “spiritual drift.” Over time, our decisions and actions may become disconnected from what we truly value and hope to accomplish. We may find ourselves acting without thinking, or feeling like our actions are not having any effect