

Unitarian Universalist Small Group Ministry Network Website
Small Group Ministry
Feeling Safe

Opening Words:

Come into this place of refuge.

Come into this circle of hope, holiness, and health.

Come into this sanctuary of sharing.

Come in and feel secure and comfortable,

Come in, knowing that you will be able to explore and learn and discover.

Come in, feeling that you will be heard and will be able to hear.

Check-in: What is your comfort level now, related to safety, security, inclusivity?

Topic:

Describe a time that you felt safe. What made you feel safe? Consider the space you were in, who you were with, and what was going on.

Share a time when you took a risk, such as in sharing something about yourself. How did that feel? What reaction did you get?

What can you do to create a safe environment for yourself and others?

Check-Out/Likes and Wishes: How did the session go for you?

Closing words:

To be safe is to know that I have options, choices, and can change my location or environment.

To be safe is to feel the warmth of caring when I speak a truth from my heart.

To be safe is to be comfortable and able to relax right where I am.

To be safe is to

Go around the group, inviting each person to complete the statement,

“To be safe is to

Helen Zidowecki, January 2009
Small Group Ministry With All Ages, UUSGM Network, 2011