

**Former participants
have said:**

"I discovered new things about people I thought I knew."

"Fitting in one more thing was tough but I never missed a meeting and I always left feeling energized."

"Creating sacred space allows magic to happen between people."

"The service project was great. It helped the group become closer. It allowed us to give something back to the church. We can see the results of our efforts."

"When the sessions began my perception was that I would be experiencing just another meeting. However, now that the meetings have finished, I can honestly say this is the first time I've regretted a regularly scheduled meeting coming to an end."



Covenant groups are a transformational practice through which we, with others, can discover our own underlying assumptions about reality and examine our ways of being.

Robert Hill



UU CHURCH OF KENT

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Conversation is food for the soul.

~ Mexican Proverb

**COVENANT GROUPS
AT THE
UNITARIAN
UNIVERSALIST
CHURCH OF KENT**

2019 - 2020

"Facilitating and participating in a covenant group was the most powerful spiritual experience I've had in my 8 years as a member of the congregation."

**Deadline to sign up
October 25, 2019**



Unitarian Universalist Church of Kent
www.kentuu.org



Why do churches offer Covenant Groups?

People most often say they attend a church because they want to explore spiritual questions and/or they would like to connect with a community of like-minded souls. While Sunday morning services can promote spiritual growth and work on church committees provides some opportunities to meet others, neither is an ideal setting for having deep conversation about spiritual matters or developing close ties with others. These are the twin goals of Covenant Groups.

Our Covenant Groups provide opportunities to:

- Meet new people and deepen relationships with those you know
- Engage substantial questions that go beyond small talk
- Explore ideas and feelings in a supportive and caring group
- Deepen your participation in this religious community
- Learn more about your own spirituality

How do Covenant Groups work?

- Participants meet in small groups monthly for conversation on set topics.
- Each group has 8 to 12 members, including a facilitator, who guides the sessions and assures that everyone has a chance to participate in conversation.
- Participants in each group will stay together for 6 months. This allows participants to create new connections and deepen existing ones.
- Each member can decide whether they want to continue (in October and April).
- Assignment to groups is based on availability of participants.

Groups work best when:

- Participants commit to attend the gatherings every month
- Participants come with open minds and hearts
- Participants create a warm and supportive environment conducive to exploration
- Participants openly share their own thoughts and feelings and listen generously to others

What do groups discuss?

Topics will reflect the themes we are exploring in our worship services that month.

What happens at a session?

Each participant of the group will have an opportunity to check in. Then, the facilitator will share readings from the Soul Matters packet. The facilitator will then lead a conversation on the questions for reflection.

To enable all group participants to have a chance to share, the facilitator will ensure that each person has an opportunity to speak once before anyone speaks twice. There are also opportunities for dialogue.

At the first session, the group will discuss any “ground rules” they wish to set for their group and create a group covenant.



Questions?

Contact Rev. Steven (revsteven@kentuu.org) or Kathy Kerns (uukathy@gmail.com).

Sign Up Now!

Fill out the sign-up form in this brochure and drop it in the collection plate, put it in the marked box in Fessenden Hall, or email it to the church office at churchoffice@kentuu.org. To find the best match for you, please include all information requested on the printed form.

The due date is 10/25/2019.

Groups will have their first gathering in November.