

**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



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Conversation is food for the soul.

~ Mexican Proverb

**Covenant Groups
at the
Unitarian Universalist
Church of Kent**

2020 - 2021

"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
August 21, 2020**



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. *This year groups will meet via zoom until in person meetings are allowed.*
- Each group has 8 to 12 members that includes 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 February.
- Assignment to groups is based on availability of participants.

Participant Commitments:

- Participants will 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?

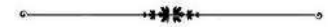
For the Soul Matters groups topics will reflect the themes we are exploring in our worship services that month. The Racial Justice groups focus on understanding Whiteness. You choose which type of group you want to join.

What happens at a session?

Each participant of the group will have an opportunity to check in. Then, the facilitator will share readings and questions from the Soul Matters packet or racial justice materials. 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!

[Click HERE Fill out the online sign-up form.](#)

To find the best match for you, please include all information requested on the form.

The due date is 8/21/2020.

New sessions will start
in September.