



**Our Food for Thought Groups provide opportunities to:**

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

**Groups work best when:**

- Members commit to attend the gatherings and come with open minds and hearts
- Members create a warm and supportive environment conducive to exploration
- Members openly share their own thoughts and feelings and listen generously to others
- Everyone helps with the clean-up, which is another way of building community

**Sign Up Now!**

Fill out the sign up form in this brochure and return it to the Adult Religious Exploration table before or after either of the services on Sunday 9/9, 9/16 or 9/23, mail or email it to the church office at [uukent@sbcglobal.net](mailto:uukent@sbcglobal.net) (Please include all information requested on the printed form.) **The due date is 9/24/12.** Groups will have their first gathering in October.



"A good dinner is of great importance to good talk. One cannot think well, love well, sleep well, if one has not dined well."

~Virginia Woolf



**UU CHURCH OF KENT**

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*Conversation is food for the soul.*

*~ Mexican Proverb*

**FOOD  
FOR  
THOUGHT  
GROUPS**

**2012-2013**

*Our Food for Thought Groups are another way for members and friends of the congregation to build relationships and explore meaning and ideas in a small group.*

*If you would like to participate, the deadline to sign up is 9/24.*



Unitarian Universalist Church of Kent  
[www.kentuu.org](http://www.kentuu.org)

Like our Chalice Groups, Food for Thought Groups provide an opportunity for us to share our stories, ideas and feelings while building relationships. Unlike our Chalice Groups, though, our Food for Thought Groups will take place in the context of a shared meal.

Most of our lives are so very busy with the many commitments we have to juggle. Food for Thought Groups will provide you with a regular, structured opportunity to slow down, savor good food in good company while having a deeper conversation than small talk allows.

#### How it Works:

Each Food for Thought Group will have up to 12 members including one facilitator. Groups will meet monthly between October and May. The groups will meet either in the homes of group participants or at the church.

The facilitator will host and also provide the main dish for the first gathering, taking into consideration each group members' dietary restrictions. All other participants in the group will bring one item to complement the main dish. Groups can decide whether they would like to coordinate ahead of time who will bring side dishes, who will bring desserts, who will bring drinks etc. or let themselves be surprised by each person's contribution.

At the first gathering, the facilitator will ask each group member to choose one month in which they will serve as the host. The responsibilities of the host include setting up space in their home or arranging space in the church and providing the main dish. By rotating the hosting responsibilities, each group member will only need to host and provide the main dish once during the course of the program year.

Once everyone arrives, the group will begin their meal. We encourage each group to share a prayer, blessing, song or short reading before beginning the meal. This will allow the group to begin their gathering on a shared note of attention and gratitude. While people are

eating, each member of the group will have an opportunity to check in. Once the check in is completed, the facilitator will share a short reading and introduce a few questions on a single topic as the focus of that dinner's conversation.

The topics for each month will reflect the themes we are exploring in our worship services that month. Our monthly themes are as follows:

- October – *Democracy*
- November – *Grace*
- December – *Possibilities*
- January – *Paradox*
- February – *Creativity*
- March – *God*
- April – *Growth*
- May - *Family*
- June - *Happiness*

In order to enable all group members to have the opportunity to share their reflections on the topic, the facilitator will ensure that each person has an opportunity to speak once before anyone speaks twice. After each participant has had at least one opportunity to respond to the reading and questions, the facilitator will open up the conversation for dialogue and group conversation.

Membership in each group will be predetermined and will remain consistent throughout the program year. This will allow the participants in each group to create connections with people they do not already know and to deepen relationships with others with whom they are already acquainted. If someone who initially joined a group finds they are unable to participate, we will be happy to add someone to that group from the waiting list. The facilitator just needs to let the coordinators know that they would like another member.

The Food for Thought Groups are coordinated by the Adult Religious Exploration Committee, which also coordinates our Chalice Groups program.

If you have any questions or would like more information, please contact Rev. Melissa Carvill-Ziemer at [minister-uukent@sbcglobal.net](mailto:minister-uukent@sbcglobal.net).

## Food for Thought Sign-up Form

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Check here if you have a partner and the two of you wish to be assigned to the same group. If so, please list both names at the top.

If there is sufficient interest and facilitators are available, we might form up to 3 specialized groups. Please check the boxes for any you have an interest in.

Vegan / Vegetarian group

Young Adult group

Group for Parents of children under 18  
Children could join the conversation at these gatherings or the group could arrange for childcare.

Can you climb stairs? No / Yes \_\_\_\_\_

Do you have food allergies or restrictions?  
No / Yes \_\_\_\_\_

Do you have animal allergies? No / Yes \_\_\_\_\_

Are you willing to host group gatherings in your home?  
No / Yes \_\_\_\_\_

Are you interested in being a facilitator? No / Yes  
(Training will be provided)

Do you have pets? No / Yes \_\_\_\_\_

When are you available for meetings? Please check all available times in order to maximize our ability to match your schedule with others.

Sunday  6:00 – 8:00 pm

Monday  6:00 – 8:00 pm

Tuesday  6:00 – 8:00 pm

Wednesday  6:00 – 8:00 pm

Thursday  6:00 – 8:00 pm

Friday  6:00 – 8:00 pm

Saturday  brunch