



People come to church for a lot of reasons. Two that seem to hover at the top of the list are the desire to explore life's big questions and the longing for people who will support them on their journey. Small groups provide an ongoing opportunity to look at life's big questions; What do I believe? How do I live a life of integrity? How do I live my values out in the world? Small groups explore these big questions- learning, sharing and invariably growing together. Small groups provide an opportunity to know and to be known - sharing the gifts of growth and connection through service - extending the circle of love and care to others.

May you find in one of these groups a place to deepen your sense of knowing and your commitment to what you know.

Faithfully Yours,
Rev. Carol Strecker

Rev. Carol Strecker can be reached at minister@uucm.org or 603-673-1870 ext. 2.

3 Ways to Sign Up

- ♦ Signup sheet on Garden Door shelf
- ♦ Call Jamie Ferrier our Office & Faith Formation Administrator
Church office: (603) 673-1870
- ♦ Our Website: <http://uucm.org/ministries/small-group-ministry/>

If you have been meeting with a group, this is the time to sign up again or change to a new group! Some people find it meaningful to change groups yearly as a way to get to know different people.

New groups may form throughout the year



**Unitarian Universalist
Congregation
in Milford**

20 Elm Street
Milford, NH 03055
603-673-1870

Soul Matters Small Group Ministry



*A real conversation
always contains an
invitation.*

~David Whyte

STATEMENT OF PURPOSE

Small Group Ministry offers an opportunity for spiritual growth, mutual care, and meaningful connections among members and friends of our congregation, using a clear and predictable group structure.

Through this process, ethical and spiritual concerns that impact our lives are given time for personal reflection, deep listening, and sharing. We exchange our vitality and wisdom, enhance our sense of communal purpose, and deepen our commitment to UUCM, our community, and our world.

"I believe we can change the world if we start listening to one another again. Simple, honest human conversation. Not mediation, negotiation, problem-solving, debate or public meetings. Simple, truthful conversation, where we each have a chance to speak, we each feel heard, and we each listen well."

—Margaret J. Wheatley,
*Turning to One Another:
Simple Conversations to
Restore Hope to the Future.*

WHAT IS SMALL GROUP MINISTRY?

Small Group Ministry is a group of 7–10 people who meet for a couple of hours usually twice a month to share personal life experiences and insights on monthly themes.

Facilitators of the groups are trained by and meet regularly. Each group also takes on a one-time service project. Members of the group can also minister to each other as difficult life circumstances arise.



SMALL GROUP MINISTRY GUIDELINES

- ♦ All members shall maintain full confidentiality; one may speak of one's own experiences and statements outside of the group, but not those of any other member of the group.
- ♦ Everyone is encouraged to contribute and each person's contribution is valued.
- ♦ Group members pledge to maintain a spirit of goodwill and openness to all other group members.
- ♦ Members will seek to speak from their own experience and refrain from judgments or analysis of others and from giving advice.
- ♦ If misunderstanding or discomfort should arise, members shall address it openly and work to resolve it within the group or seek the help of the facilitator or the minister in moving toward resolution.
- ♦ Each member will make a genuine effort to be present at all meetings, arrive and leave on time, and participate fully in conversations and activities of the group.
- ♦ Each group will include an empty chair to symbolize those not reached who need us and the expectation of helping start a new group as small group ministry grows at UUCM.
- ♦ The group will provide some direct service to the congregational community during the life of the group.