

# UUCA COVENANT GROUP ENROLLMENT FORM

Theme Groups delve deeply into monthly worship themes, making use of materials gathered for further reflection on these themes as a starting point for spirited and lively discussions. These groups meet once or twice a month for two or three months, or longer if group members want to continue.

NAME(S): \_\_\_\_\_ Date \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE

home: \_\_\_\_\_ cell: \_\_\_\_\_

EMAIL: \_\_\_\_\_

I would like to be a facilitator for a theme group (training and resources provided).

## YOUR SCHEDULE/AVAILABILITY\*

Please circle time periods that you would be able to attend group.

Weekday Mornings: Mon. Tues. Weds. Thurs. Fri. All

Weekday Afternoons: Mon. Tues. Weds. Thurs. Fri. All

Weekday evenings: Mon. Tues. Weds. Thurs. Fri. All

Saturday mornings Sat./Sun. afternoons Sat./Sun. evenings

\*We cannot guarantee that there will be a group during times when you are available. The more flexibility you have, the more likely there will be a group for you.

For more information contact: Paula Massey [massey.paula@gmail.com](mailto:massey.paula@gmail.com) or Iris Hardin [irisphardin@gmail.com](mailto:irisphardin@gmail.com)

## COVENANT GROUP MEETING CONTENT -- FORMAT

**Chalice Lighting and Opening Words, Thoughts, Music, Responsive Reading:** The chalice lighting and reading provide a ritual acknowledging that we gather as members of a religious community. They provide a worshipful or reverent atmosphere conducive to open sharing and deep listening.

**Check-in:** Check-in gives participants the chance to say what they need to say to be “present” in the moment. The check-in should be a brief statement, not an extended description of everything in a member’s life since the last meeting. The facilitator may start off the check-in, setting an example by being somewhat concise.

**Brief Meditation or Period of Silence (3 minutes) to center, calm, and be present:** Facilitator can lead a guided meditation, guide members into relaxation and breathing pattern, or just let each member find their own best practice.

**Topic for Discussion:** At each meeting the monthly Worship Theme will be presented to the group by the facilitator. Although each member will have a turn to speak, speaking is voluntary. No member should feel pressured to speak. The facilitator will keep the discussion rotating and at an appropriate pace so everyone is assured of a turn to speak. Members are encouraged to speak from their own experience, beliefs, perceptions, and thoughts not to pontificate or prove how learned they are. The open discussion following the first response period may allow members to share their responses or thoughts on what has been said, to add to what they have said, or to ask a question of a fellow participant’s response. This is not the time for debating another person’s response. Our purpose is to listen to each other for understanding. We speak from our center to the center of the circle.

**Check-out:** This is a brief statement by each participant on what they are taking away from the meeting.

**Closing Reading, Unison, Responsive Reading, or Music** to bring closure to the topic for now or to illuminate the topic.

**Extinguishing the Chalice:** This can be done by the leader, facilitator, or member of the group. Some groups stand in a circle around the lifted chalice and blow out the flame. “Let us extinguish the flame and carry it within us until our next gathering.”

OPTIONAL ELEMENTS -- Announcements, group business. Whatever variations you add to the format, make sure the members of the group are in agreement.