

Information and education

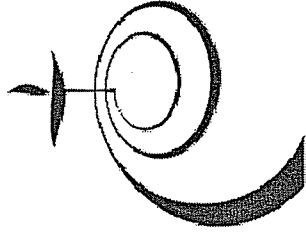
Include educational information, such as information about Covenant Group Ministry, the covenant, or schedules.

Reading or study selection for the session

Use this space for a reading applicable to the session theme.

(This template is merely a general outline of one way to develop a session. The purpose of all the session elements taken as a whole is to focus on the “listening” and “discussion” sections which are the central practice of Covenant Group Ministry. And the purpose of the central practice is to touch on things that really matter in a way that allows each person to express his or her own truth. At the same time, there is recognition of the connection between each of the members in the group, and perhaps a connection to a mystery that is larger than the group.

Therefore, the exact content of a session is not so important as the result that it produces. As Rev. Bob Hill likes to say, “use only this format, or any other one that works!”)



**COVENANT GROUP
MINISTRY**

Unitarian Universalist
Association of Tacoma

Title of the Session

Quotation or inspirational reading.

Preliminaries	Include any instructions necessary for this session. Consider review of the covenant.	Singing	Select a hymn from the hymnal, or another song that reflects the discussion topic.
Opening/ Chalice Lighting	Select a reading, perhaps from the hymnal.	Next meeting	Pass out any information or preparation needed for the next session. Arrange date and location for the next meeting.
Check-in	Brief statement by each person describing what they need to put aside to be fully present.	Likes and Wishes	Optional: In a supportive fashion, the members can briefly indicate what they liked about the session, and what they wish for at future gatherings.
Sitting in Silence - Meditation	For those who have gone before, for those who dwell among us, and for those yet to come, we offer our thanks.	Closing Reading	
Sharing/ Deep Listening	Carefully prepare one or two questions that encourage people to tell stories about their own experience. The more general the question is, the more readily people will be able to find a way to their own experience and meaning.	Extinguishing the Chalice	
Second Round	Optional: go briefly around the group again to add any thoughts that arise during deep listening. A variation is to keep the first round brief, and then spend more time on the second round.		
Discussion	Open up the discussion, but without lecturing or giving advice. Emphasis on personal experience and response to life's questions.		