

Register for Small Group Ministries

Name _____

Address _____

Phone(s) _____

Email _____

Please indicate your day/time preference
by ranking 1, 2, 3.

- Mon. 7-9 pm
- Tues. 7-9 pm
- Wed. 7-9 pm
- Thurs. 7-9 pm
- Wed. 10 am-noon, accessible group

Please let us know if any of the following are a concern
for you:

- Pet allergies-specify _____
- Need accessible space
- Other _____
- YES**, I am willing to host SGM at my house.

Send completed form to:

Small Group Ministries

Unitarian Society of Northampton and Florence

220 Main Street

Northampton, MA 01060

For more information contact:

Katie Olmstead

(413) 585-0564

KDOlmstead@aol.com

What participants say:

“My first step to feeling part of this community.
Very important that I felt welcomed right away.”

“I appreciate the diversity, the engaging stories, triggering
thinking in profound ways.”

“Community building. We don't have this in other parts of
our lives. Unusual to meet for two hours in this structured
way, around a given topic, consistently rich and potent.”

“I have been in groups for ten years. It doesn't get old.
It's always new. It becomes personal and intimate; we
have to trust in order for that to happen.”

“I was touched by the intimate space we created. During
check-in we mentioned things that are not mentioned out
there. It was an intimate sharing, a space we created. It was
great to see when the space became safe. It was magical –
the space groups create – it was touching and beautiful.
I am grateful.”

“It was a space in my life where I felt without
judgement, without a filter, where I felt myself. Just myself,
judgement-free.”

“This was a confederation of folks who want to be there.”

“The group is a place where I could let my life speak,
where I could be my true self.”

“I have been touched by some souls. You can come
and be yourself. It has been amazing. I carry you home
with me.”

Small Group Ministries



*Supporting each other to
become our best selves*

2017 - 2018

Listen

with your heart

- Encourage personal connections that foster a sense of the larger meaning of life.
- Engage willingly in deep listening.
- Learn to focus your attention only on the person who is speaking, without thinking of a response.

Hearing is one of the body's five senses. But listening is an art.

-- Frank Tyger

The more and more you listen, the more and more you will hear.

The more you hear, the more and more deeply you will understand.

-- Jamyang Kyentse
Rinpoche

The USNF community is participating in a program called "Touchstones." All members of the congregation will receive a monthly newsletter that we hope will deepen everyone's engagement with the theme that will be used both in worship and in Small Group Ministry.

Speak

from your heart

- Tell your story openly, in a safe, supportive environment.
- Share with others your personal search for truth and meaning.
- Speak from the wisdom of the heart.

We all need friends with whom we can speak of our deepest concerns, and who do not fear to speak the truth in love to us.

-- Margaret Guenther

When we speak from the heart, we are listening to our soul.

-- Robert Gerard

How Small Group Ministries Work

Groups of up to nine members and a facilitator meet monthly, from October through June. Members commit to attend meetings and be present in mind and spirit. The format includes opening words, a brief sitting in silence, readings, reflection, sharing thoughts about the session and closing words..

Be

Heard

- Participate in promoting mutual care for others and shared spiritual growth.
- Create personal connections that foster your sense of community.
- Explore bedrock questions of life and faith in a supportive environment.

The friends who listen to us are the ones we move toward. When we are heard, it creates us, makes us unfold and expand.

-- Karl Menninger

When you speak to me about your deepest questions, you do not want to be fixed or saved: you want to be seen and heard, to have your truth acknowledged and honored.

-- Parker Palmer