



Groups are regular, long haul space to **share, care, trust and grow**. Welcome!

Facilitator Prep: Read the guide & [message notes](#). Note your own thoughts to grease the wheels. Trust the 3 strands showing up!

Get Started

10-15 mins

- **Welcome!** We're taking three weeks to look at the surprising power - and the challenges - of help. Both asking for and offering it. Good basic healthy reminders for all of us!
- **Choose a tangible way to set apart this time.** Light a candle, raise your cups or your 3-strands as you say "help!"... Maybe it is as simple as a pause to take some intentional, deeper, longer breaths together.
- Review the **Group Agreements**. Take your time, passing around to read. We do this every week so they are part of the Group when we need them. It's a 'practice when it's easy so you have the skills you need when it's not' thing.
- **Check-In.** Share names and something you came for today. *What is something you are hoping for from this time together?* May all that be so! Thank you for showing up today. It matters – for others, not just you – that you are here.

Discussion & Practice Ideas

30-60 mins

1. **Warm up.** First, words you associate with HELP: go! Around the group a couple times. No wrong answers.
 - This week's homework is to practice saying yes to offers of help. *Have you tried it? How's that been for you?*
2. **Admit it!?** Melissa pointed out that the word "admit" implies reluctant confession, but is also about allowing entrance.
 - Talk about times you've felt the relief of admitting - of getting something off your chest, sharing the load, and telling someone how you're really doing.
 - Roam through 1 Corinthians 13:1-13 but substitute "help" for "love." Then read Psalm 121. Q: How does opening our eyes to a bigger picture help?
3. **How do you flex your receiving muscles?** In her book "Belonging," Toko-pa Turner said, *"We worship at the altar of self-sufficiency...Worship at the altar of your being supported. After all, you are the receiver of too many generousities to count. Count them anyway."* What ideas does that give you about how to practice receiving help?

Close

5-15 mins

Take aways. Invite everyone to share one. Thanks for these gifts you've given each other. May they keep on giving!

Check in on plans for upcoming meetings: who is facilitating, providing hospitality, or other needs of your group. *Remember, anyone is welcome to serve the group as facilitator.* **Next meeting:**



Group Agreements

1. **Push pause.** The world is noisy. Before speaking, take a breath.... let Silence be a voice in your Group.
2. **Be present.** Your being here matters! Step up to share when you are ready. Step back to listen.
3. **Share what you want** when you want. "I'll pass" is always an option.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Stay curious about yourself and others. Practice open and honest questions. Asking "how" not "why" can take you on a tour instead of a trial of yourself and others.
6. **Listening is a superpower.** Listening to others share their own experiences, struggle and strength is empowering. So is being listened to!
7. **Speak from your own experience,** to the whole group. Ask for help or feedback for yourself if you'd like, but avoid crosstalk, fixing, interpretation, or unsolicited advice directed toward another group member.

These agreements are practiced, not perfected! You can always circle back with the group or an individual to share how something felt to you or check in. Practice when it's easy!

Sometimes there will be care and support needs that go beyond what can be addressed within your normal group operation. That's a good time to pull out the [Care IQ](#) tools.

