



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. Maybe read the words from this [ROAM](#) reading: [Isaiah 55:1-2](#)
- 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.** Chris asked us to think about times we have given or received help that were helpful and not so helpful. And to describe how it felt. Do it again, using the top of page 2. Then compare notes as a group: *What themes and patterns do you see in how it feels when help is helpful? And not so much?*
2. **Are you doing it right?** Chris shared a story about his efforts to not get "caught" helping his neighbors shovel as an example of the self-referential nature of unhelpful help. It was still all about him even though he was really trying to help and not need credit.
 - *How can worrying too much about doing help "right" get in the way of help?*
 - *How can we use the ways Chris gave us for thinking about helpful help without getting too stuck in getting it right?* (Hint: what would compassion, instead of comparison, look like?)
3. **Practice when it's easy?** Read the homework. As you think about a place you need help right now in your life.... *What is something you need? What is something you feel? Write or doodle them here! Invite each other to practice sharing those things here, where it is maybe a little easier.*

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:**



What it felt like to get help that was ...



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.

