



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

Get Started

10-15 mins

FACILITATOR PREP: Read through the 3 sections. Note your own thoughts. Here are [this week's message notes](#). Your group thanks you!

Welcome! We are getting ready for Christmas with [SANTAFLIX](#). This week Noelle invites you to let your light shine. *What do you all hope to talk more about from this week? For me...*

We've got some great stuff to connect around. To make the most of our time (and keep it... **jolly**) we review a few **Group Agreements** each week. They're on the back/page 2. Take your time, pass them around to read.

Check-In: Share names and something you came for today. *What is something you are hoping for from this time together? Light a candle.* May all that be so! The hardest part is done. We've already **pushed pause** to be here together with all our realities, hopes and wishes in this full season.

Discussion & Practice Ideas

30-60 mins

- Warm up.** Noelle loved gifts more than the average person or elf. *What's a memorable gift you've given or received?*
- Read the [Homework](#).** *What in this could help you shine your light in this full season? What could this look like for you? What might be challenging about it?*
- "We want to find our fit: our role that matters and matches who we are."** For nearly 3000 years the Psalms have resonated for individuals and communities wrestling with their fit in this Universe. *How might the first verse in this week's [ROAM](#) reading speak to the hopes and struggles you just talked about?* Here are a few prompts to help

- "The LORD" can be *I Am Who I Am, All That Is, Source...*
What name works for you to connect here?
- Where does this Psalm assume this presence/power is?
- In your own words, what does it offer?
- Why is the same question repeated?

*The LORD is my light and my salvation;
whom shall I fear?
The LORD is the stronghold of my life;
of whom shall I be afraid?
(*or refuge) Psalm 27.1*

Talk this out in 2s or 3s. Then, as a group, move into the closing.

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. Here's an [article](#) on how to apologize well. 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.

