

Covenant Groups

What are people saying about Covenant Groups at UCE?

... The covenant group is a quiet place to set my spirit out to be viewed and honored but not "fixed." It is surprisingly nourishing to be known and cared for in this way. E.W.

...My life is full of people who I know casually, but I was anxious to find people who want to go deeper. My covenant group gave me that exact experience. J. B.

Visit the Guest and Member Services table in the foyer on Sundays for answers to your questions and an opportunity to enroll or contact Eileen Wiviott at 847-864-1330 x111 or ewiviott@hotmail.com.

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Covenant Group Ministry



Covenant Groups

meaningful connections...10 people at a time

**2015-2016
Unitarian Church of Evanston**

Covenant Groups at Unitarian Church of Evanston

meaningful connections/10 people at a time

Purpose: *to bring members into right relationship with each other and with the larger world; to come together to share, develop friendships, and serve the larger community.*

What is it? _____
Small groups of up to 10 people who meet usually once a month to establish and nurture themselves in community.

What happens at a meeting? _____

- About five minutes of people getting situated.
- Short reading, chalice lighting or centering
- Check-in: 45 minutes of sharing what is going on in your life; an opportunity to share for about 4 minutes, without interruption; then, maybe 10-15 minutes of follow up conversation.
- A topic intended to promote reflective adult conversation (either introduced by the facilitator or material provided at the previous session) is the material for an hour of reflection. Topics are related to everyday life questions much like those raised by a good Sunday service.
- A check-out: Chance to share what they liked about the meeting and what they wish it could have been.
- Closing words or music.

Who leads the group? _____
Trained facilitators will make sure group meetings begin and end on time, and that the group establishes a covenant of behavior. All group members share the privilege and responsibility for helping the group function.

Who are the facilitators? _____
They are UCE members who have been trained to facilitate these groups and in many cases have participated in covenant groups.

Where will the groups meet? _____
Usually at the church. Sometimes in people's homes.

When will the groups meet? _____
Groups will meet once a month for two hours at a time. When participants enroll, they select a regular time slot from among the current options. Usually a weekday evening, Sunday after the worship service, or a during a weekday.

Can couples be in the same group? _____
That's up to the couple. If they are able to participate as individuals without cross-talk or interruption in the group process.

Will child-care be available? _____
As needed, on site, at cost to the covenant group participants who use the service and with a week's notice.

What is the commitment? _____
Starting and ending each group on time is an important aspect to developing trust and fostering a feeling of safety. While absences are sometimes unavoidable, covenant means we make the group a priority. If you can't make it to the group, let the facilitator know. Each group covenants to do at least one **service project** of their choice for the church or larger community in each year or more frequently. There is also a commitment to help keep the program expanding by welcoming new members when there is an opening in your group.

Where can I learn more about covenant groups? _____
Speak to Rev. Connie Grant or Eileen Wiviott, Membership Director. More than 125 people have participated in ongoing Covenant Groups since 2002; ask around and chances are good you'll meet someone who's been in a Covenant Group.