

SMALL GROUP MINISTRY



UC of Marlboro/Hudson

UCMH *Sunday Services 10:30 am*
80 Main Street, Hudson, MA
ucmh.org

Deep Listening

Mary-Elizabeth Cotton

Let us listen...

Just for a while let us silence our minds and open our hearts.

Just for a while let us listen from within.

Listen...

Not to gain knowledge, not to formulate questions, rather to chance upon sacred bonds and profound wisdom.

Just for a while let us not seek information or answers.

Let us not rouse the intellect but embrace the sprit.

If thoughts cloud the brain may we let them pass.

If replies tingle on the tongue, let us breathe them away silently.

Return to them later, but here

Here in this precious time of sharing
Let us listen

Let the words wash over us and seep into a
still quiet pool.

Let us listen

LGBTQ Welcoming Congregations

SMALL GROUP MINISTRY



photo courtesy of Sue Abrahamsen

FPC of Stow & Acton

FPC *Sunday Services 10am*

353 Great Road, Stow, MA

fpc-stow-acton.org

Reverend Dr. Cynthia Landrum *Minister*
Meg Rivers-Wright *Membership/Publicity/Adm*
Rayla D. Baldwin-Mattson *Dir. Religious Ed*
Chris Hossfeld *Music Dir.*
Trevor Berens *Accompanist*
Mike Silkonis *Sexton*

What is Small Group Ministry?

The goal of the Small Group Ministry (SGM) program is for small groups of members to grow in "Intimacy and Ultimacy", i.e. to get to know themselves and their group members better.

The program is designed to provide a safe space for personal spiritual growth and friendship, "bound together in a spirit of trust and belonging."

Each SGM group has a trained facilitator or co-facilitators, who help facilitate a monthly meeting on a session topic. Since the goal is to share in the present, and we do not want members to prepare, the topic is not distributed in advance.

Benefits of joining a small group include both knowing people at coffee hour or any church activity, and developing deeper long-term relationships in our beloved community.

A Typical SGM Session

Chalice Lighting

Enter a sacred space.

Checking In

Members briefly share significant recent events in their lives.

Session Topic

Group reads some quotes and a small question list.

Sharing

Members share whatever the topic brings up for them at whatever depth they feel comfortable.

Closing

Read final quote together.
Extinguish chalice.

Past Session Topics:

Hope, Community, Stuff: The Final Frontier, Our Parents, Learning From Failure, Stress Reduction, Core Values, Food, Transitions, Our Principles, Our Immigration Stories

Get Involved

The FPC/UCMH SGM program runs for a year, starting in February. Groups have ~8-10 members. New members are welcome to join existing groups that have space at any time during the year.

The time commitment is two hours per month. In addition, the group performs one community service project per year.

SGM groups meet in the FPC Parlor, a lovely, cozy space behind the sanctuary, accessible via the elevator. Some groups meet virtually via zoom.

Sign Up Online

fpc-stow-acton.org/sgm

Contacts

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