



## What are Covenant Groups?

Unitarian Universalism is about connection and recognizing the interdependence of all life. Many of us are struggling against a shallow, frantic and materialistic world that all-to-often leaves us disconnected from our deepest selves, life's gifts and needs greater than our own.

Covenant Groups offer a space to heal this divide by helping each other listen to our deepest selves, open to life's gifts and serve needs greater than our own.

Participants are offered formative space and circles of learning, support and challenge, an opportunity for spiritual deepening and an intimate home within the larger church community.

Within each group we make a commitment to each other to participate within a specific format.

We make a covenant with the larger congregation to offer an open and inviting space. An empty chair is part of each Covenant Group circle to remind us of this promise.

## What do you talk about?

A new theme is explored each month. Themes include:  
*Possibility, Mystery, Sanctuary, Wholeness – and more!*

## When are the meetings?

The groups meet twice a month from October 2018 through May 2019. Attendance at the Orientation Registration on **Sunday September 23<sup>rd</sup>, 2018 @ 11:30** is requested for new and previous participants.

## Is there a leader?

The groups of six to eight participants are led by two trained co-facilitators who convene regularly with the Community Life Coordinator.

## What is the meeting format?

### Meetings...

A typical 2 hour Covenant Group:

1. Opening... May include an opening reading, Touchstone review, lighting the chalice, and review of the group's covenants.
2. Check In... Sharing of how/where you are at the moment or what is happening in your life.
3. Sharing... Readings introduce the topic followed by questions that elicit thought and sharing into the circle of deep listening.
4. Closing... The meeting closes with a reading and extinguishing the chalice.

We talk and listen mindfully. No particular background is required; no specific philosophy or theology will be espoused.



### *What is my commitment?*

Show up, be present as fully as possible, adhere to the group's covenants, and give to the group the concern and energy that might be given to a valued friend. Beyond these basics, no special skills, background, or exceptional wisdom is required.

Each group engages in one Service Project for the church which is usually 2 to 3 hours in length.

### *How do I get involved?*

Attend the Orientation Registration meeting on September 23<sup>rd</sup> from 11:30 to 12:30. Learn about the Covenant Group style of small groups and decide if this is for you!

You will be contacted by your Covenant Group co-facilitator following the Orientation with details. The groups meet twice a month on alternate weeks. Participants can join groups throughout the church year, as space becomes available until February 1st.

*“We call upon our own emotions to empathize with the emotions of others and welcome them into our wider circle of care so that we can extend that caring out into the world and, ultimately, change the world itself.*

*Spirituality should call us to our highest selves, our best selves, and help us serve humanity, all of humanity, and all of life.”*

*- Rev. Kathryn A. Bert*

**For more information contact:**  
Pam Waldron  
Steering Committee Member  
(805) 256-0756  
[pimandjam@roadrunner.com](mailto:pimandjam@roadrunner.com)

*Unitarian Universalist Church  
of Ventura  
5654 Ralston Street  
Ventura, CA 93003  
(805) 644-3898  
[www.uuventura.org](http://www.uuventura.org)*

---

# **COVENANT GROUPS**

**2018/2019**

**Weaving a  
Tapestry of  
Love**



**Unitarian Universalist  
Church of Ventura**

---