



## **Covenant Groups aka Small Group Ministries**

Covenant groups are a way for a small group of UU members to meet periodically—once a month or bi-weekly—to explore their own spirituality as they strive to live UU values and adhere to the seven principles. More importantly, small group ministries offer a way for members to get to know each other well in a caring and safe space by listening deeply and respecting each other.

**Led by facilitators who guide the discussion and help all members to maintain their shared covenant, groups often use the Soul Matters curriculum that provides thought-provoking readings and questions to foster critical thinking and deeper discussions that go beyond social interactions.**

On **Sunday, September 25**, UU St. Pete members who would like to belong to a small group ministry can sign up in Gilmore Hall and select the day, time, and location that works best for them. A facilitator will be associated with each group.

**People who have belonged to a covenant group in the past are encouraged to sign up for a different group to challenge themselves and to get to know different people more intimately. Membership in the same covenant group is not supposed to be forever as it discourages new members, becomes insular, imposes expectations on the functioning of the group, and creates an impression of exclusivity. Joining a new group of people can be invigorating and offer new perspectives.**

For members who are concerned about meeting in person, a separate sign-up sheet will be provided that will allow for a Zoom or outdoor session to minimize concerns about health.

**Additional facilitators are needed to keep the groups small. If you would like to lead a group, please contact Rev Ben at [minister@uustpete.org](mailto:minister@uustpete.org).**

