**Rev's Reflections**

*Reflection Circles Starting Soon*

On Sunday, during my sermon, I talked a bit about Reflection Circles, which are beginning soon. In case you missed it, let me print here what I shared with everyone gathered in person and online:

In Reflection Circles, we practice forgiving ourselves and others. The hope is to find the humor in the pain, the magic in the familiar, and the banal in the seemingly extraordinary. Reflection Circles give us a chance to look at everyday thoughts and events in relation to a particular topic. It gives us a chance to examine our lives so that we can actually learn from them, and share that experience with others.

As a program of the congregation, the goal is to create space for members and friends (especially newcomers) to plug into the congregational community. We seek to help nurture relationships built on deep listening and sharing with vulnerability.

This is largely about relationship building, so involvement requires a commitment to a short-term, time-limited group covenant. We want you to make the group a priority in your life throughout its duration.

We are going to use Unitarian Universalist materials designed for this kind of group, and each Circle will have a trained facilitator. But leadership is *shared*. Everyone in the group will have the responsibility of making and upholding a covenant together.

Each group will meet 8 to 10 times for 90 minutes. With 8-12 participants per group. No more. No less.

We'll have three groups:

First Wednesday of each month at 6:30PM, Starting October 1, which I will lead.
Another on Mondays at 2:30, twice a month, October 20 through March, which Sally will lead.

And finally one on Tuesdays at 1:00, 8 weeks in a row, beginning in late January which Lee Cowan, our Director of Religious Exploration will lead.

This is something that folks have been asking for, and it feels like it's time to make it happen. Because we know, even though we sometimes need reminding, that Self-reflection is not about beating ourselves up for the mistakes we've made. It's about caring for ourselves.

If you would like to join a Reflection Circle, please let me know.
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In Peace,
Rev Denis