



## Small Group Ministry COVENANT CIRCLES

*"In Covenant Circles, we truly listen to one another and speak, in turn, from our hearts."*

### What is a Covenant Circle?

A Covenant Circle is a group of six to ten people who meet under a set of mutually agreed-upon guidelines — a covenant. It offers an intimate setting for participants to get to know one another, share stories, explore spiritual ideas, discuss social concerns, and turn those ideas and concerns into action. Each group remains open to new members until a maximum size of ten is reached. The group then divides to welcome new members.

### Goals of the Covenant Circle Program

- Enhance participants' relationships with one another and the congregation
- Enrich participants' understanding of UU principles and values
- Encourage service to UUTC and social action within the larger community

### How do I enroll in a Covenant Circle?

Members and Friends interested in joining a Covenant Circle may fill out a registration form by clicking this link [CovenantCircleForm](#)

or at the UUTC Office or by contacting the Covenant Group Coordinators

Joan Lemire [tjbindire@yahoo.com](mailto:tjbindire@yahoo.com) 231.9259

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Participation is currently limited to UUTC members and friends.

### How are Covenant Circles formed?

Members and Friends are assigned to Covenant Circles primarily based on date and time availability. New groups form in October and January, but you may join an ongoing group at any time.

## How often do Covenant Circles meet?

Covenant Circles meet twice a month. Each group decides the time and location of its meetings.

## What is a typical Covenant Circle meeting like?

Covenant Circle meetings usually last two hours and are led by a trained facilitator. While the format is consistent, the topics are broad-ranging. Meetings begin with a chalice-lighting and a brief check in by participants. A reading related to the topic of the session is offered followed by sharing personal insights about the topic. The meeting ends with a brief check-out, a closing reading, and extinguishing of the chalice. Readings will be from Unitarian Universalist sources.

## How are topics chosen?

Session plans are provided to help members bond, build trust, and foster a connection to each other and the larger church. Topics may be drawn from Sunday services. They are related to our life issues, social concerns, or spiritual journeys. Group members may also be invited to create their own session plans either by using session plans provided by the Program Coordinators or by choosing and developing plans that express their own interests.

## What are your responsibilities?

Group members are expected to attend all Covenant Circle meetings except when out-of-town or in cases of personal emergency. Members should call or e-mail the facilitator in case of absence. Circle members are encouraged to participate openly in discussions, listen actively when others speak, and abide by the group's covenant.

Group members are asked to commit to the group for at least four months and to agree together on one service project to be done for UUTC and one to be done for the community. For example, Covenant Circle members may agree to organize the coffee social and serve as ushers one Sunday. They may also agree to work together for one day in some mutually-agreed-upon community volunteer activity.

***“Belonging to a covenant group is an investment that truly pays off — in the currency of warmth, friendship, support, and connection.”***