

# Participant Guide



unity<sup>®</sup>  
Village Chapel

SMALLGROUPS



**June 1 - July 31, 2026**

***“We create an arena for personal spiritual growth and to foster connections that strengthen Unity Village Chapel”.***

# Our Sacred Agreements

**GROUP INTENTION:** This is a circle for spiritual unfolding—not group therapy. We speak in “I” statements. We witness. We don’t fix.

**PARTICIPATION:** We show up prepared, present, and willing—always honoring our own pace and boundaries.

**RESPECT:** Everyone matters, and is treated with respect.

**TRUTH:** We speak from our personal experience. Honesty is our gift to one another.

**CONFIDENTIALITY:** What is shared here stays here. We ask before sharing anything beyond this space.

**COMPASSION:** We notice our judgments and soften them. When emotions rise, we seek compassion—not correction.

**NAVIGATING CONFLICT:** When challenges arise, we speak directly and kindly. If needed, we reach out with grace to our ministers for support.

## The Art of Sacred Listening

I am truly *Listening* when:

- I honor your story as sacred.
- I meet you where you are—not where I think you should be.
- I stay curious, even when I don’t fully understand.
- I resist the urge to teach, fix, or figure it out.
- I remember we are walking each other home.

### SMALL GROUP SUPPORT TEAM

Rev Brenda Ehret 319-360-0333 [revbse@gmail.com](mailto:revbse@gmail.com)

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### SMALL GROUP GIVING

Link for Giving to UVC: <https://www.unityvillagechapel.org/pages/give>

Text to Give: (833) 993-2065

