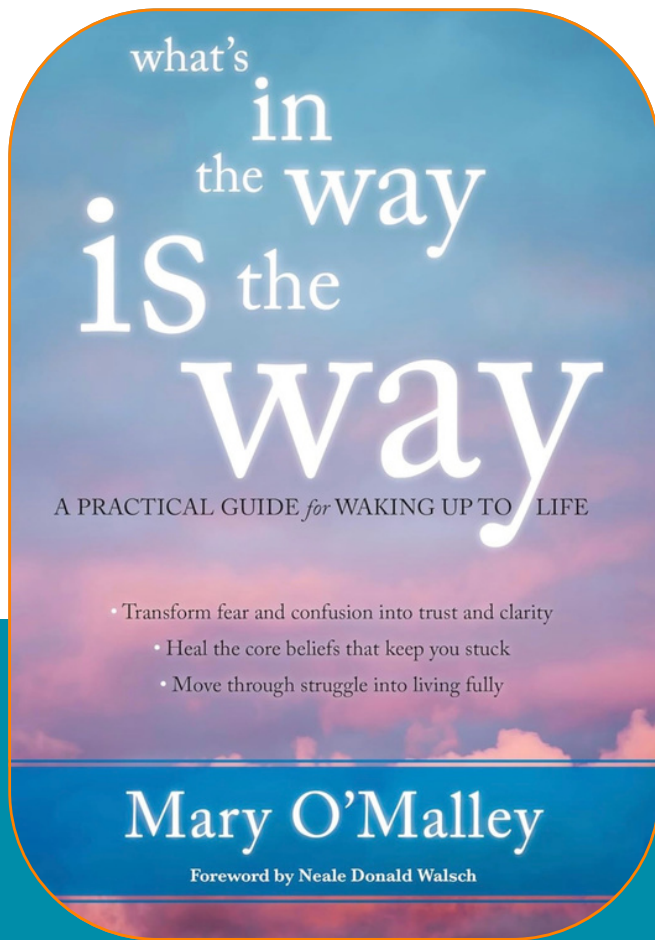


Adventures in Spirituality

2026




unity®
Village Chapel

Participant Guide

August 31 - October 31
SmallGroup Sessions
Sunday Messages
CommUnity Celebrations

*"Life is set up to bring up what has been bound up,
so it can open up to be freed up,
so you can show up for life."*

—Mary O'Malley

Chapters & Weekly Agenda

CENTERED AROUND A COMMON BOOK, WE INTEGRATE SMALL GROUPS WITH SUNDAY MESSAGES. TOGETHER WE STUDY AND EXPLORE, DEEPEN OUR SPIRITUAL PRACTICE AND BUILD COMMUNITY.

ORIENTATION

8/31/26 - 9/5/26

Introductions, Logistics and Bonding

WEEK 1

9/6/26 - 9/12/26

Chapter 1 - It's All Okay — It's Truly Okay
Pages 9-23

WEEK 2

9/13/26 - 9/19/26

Chapter 2 - Getting to Know the Meadow
Pages 25-44

WEEK 3

9/20/26 - 9/26/26

Chapter 3 - Fear — It's Nothing to Be Afraid Of
Pages 45-65

WEEK 4

9/27/26 - 10/3/26

Chapter 4 - You Are Not Alone
Pages 67-88

WEEK 5

10/4/26 - 10/10/26

Chapter 5 - The Healing Power of Curiosity
Chapter 6 - Directly Experiencing Life
Pages 89-136

WEEK 6

10/11/26 - 10/17/26

Chapter 7 - All Is Welcome Here
Chapter 8 - All Is Well
Pages 137-184

WEEK 7

10/18/26 - 10/24/26

Chapter 9 - Life Is for You
Pages 185-204

WEEK 8

10/25/26 - 10/31/26

Chapter 10 - The Song of the Heart
Pages 205-226

Weekly Group Format

OPENING PRAYER AND AFFIRMATION (Facilitators may choose to do check-in first)

We open this sacred space acknowledging the power of Divine Love, which draws us together for this divine appointment. In this powerful group of souls, each of us is a unique unrepeatable expression of Spirit. We honor the choice each person has made to be a part of this kinship and spiritual support. Immersed in the Presence, we bless our spiritual community and each Small Group gathering. We are grateful for all insight, connection and spiritual growth. And so it is.

(Say together) Our hearts, hands and eyes are open as we are immersed in a holy field of life, love and wisdom. A mighty quickening of Mind-Body-Spirit is happening—right here, right now.

MEDITATION/MINDFULNESS (Up to 5 minutes)

Refer to Study Guide for verbiage to lead weekly meditations

HOUSEKEEPING & CHECK- IN

- Brief personal check-in
- Announcements shared by facilitator or group participant - refer to UVC Events list on page 5
- Your consistent attendance and participation is key to the success of the small group
- Read "Mindful Listening" aloud as a group
- OPTIONAL: IN-PERSON: Pass around a paper to list 1st name to hold in prayer.
ZOOM: Same process occurs in chat (Facilitator holds prayer list in prayer for coming week)

OUR COMMITMENT TO THE JOURNEY

Personal Commitments, Group Agreements, Mindful Listening

Review these sections in orientation and give reminders in each session thereafter.

DISCUSSION Orientation week: Getting to know each other activity such as: If you really knew me...game.

-(Ongoing) Each week refer to the discussion prompts found in the AIS Study Guide. Weekly, the participants will each choose one or two of the prompts and share their personal reflections in the group

CLOSING

-Financial Support of UVC Spiritual Community

Small groups are part of the core services of our ministry. Your ongoing contributions make gatherings like this possible for everyone in our spiritual community.

Link for Giving: <https://tinyurl.com/49pm9csp>

-Bless Offerings

Divine love through us, blesses and multiplies all of the love offerings and tithes flowing through our spiritual community now. I am grateful. Amen

HOMEWORK

- This week's reading assignment
- Refer to AIS Study Guide. Choose 1 or 2 discussion prompts on which to reflect and share in group next week
- In the event you are unable to attend group next week, please contact your facilitator

-Prayer for Protection (OPTIONAL) Facilitator

The light of God surrounds us.
The love of God enfolds us.
The power of God protects us.
The presence of God watches over us.
Wherever we are, God is.



Our Commitment to the Journey

"Come as you are. Let Spirit do the rest."

"In this sacred space, we walk together with open hearts, deep respect, and a shared devotion to personal and collective transformation. These are not rules—they are invitations to presence, honesty, and love in motion."

PERSONAL COMMITMENTS

I COMMIT

To show up fully to the group and to my soul journey. I offer willingness, not perfection.

"We don't have to be perfect, just engaged and committed to aligning values with actions."— Brené Brown,

I CENTER

I meet others from my heart, trusting the Divine connection that unites us all in the One Love.

"Above all else, guard your heart, for everything you do flows from it." – Proverbs 4:23

I HONOR

I honor the Divine light in me and the Divine light in you. I choose to see the beauty of this holy journey.

"Dare to see God in yourself; dare to see God in others." – Charles Fillmore

I LOVE

I love and accept you just as you are. I honor your unique nature and I respect your process.

"Love is the bridge between you and everything." – Rumi

I CHOOSE GRACE

My words are rooted in compassion and grace. I choose to support over giving advice.

"Grace is not something we earn; it is the overflowing nature of the Divine." – Eric Butterworth

GROUP AGREEMENTS

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

"The soul unfolds itself, like a lotus of countless petals." – Kahlil Gibran

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

"You can't be present and passive. Presence is participation." – Rev. Erin (paraphrased)

RESPECT: Everyone matters, and is treated with respect.

"The highest respect is not to utter a word, but to listen." – St. Teresa of Ávila

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

"Honesty is the first chapter in the book of wisdom." – Thomas Jefferson

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

"A gossip betrays a confidence, but a trustworthy person keeps a secret." – Proverbs 11:13

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

"Be kind and compassionate to one another." – Ephesians 4:32

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

"Blessed are the peacemakers, for they will be called children of God." – Matthew 5:9

Mindful 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

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SMALL GROUP GIVING

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

Text to Give: (833) 993-2065

UVC EVENTS ~ MARK YOUR CALENDAR

Harvest Fest Fundraiser October 1-31

HarvestFest Launch Cookout (in-person) Sept. 27

Midterm Facilitator Check-in Week 9/28 to 10/3 6:30 to 8:30 pm CT on Zoom

“Raise the Roof” (Hybrid) Rev. Dr. Martha Creek & Jamie Lula Oct. 6, 7:00pm CT

Closing Celebration (AIS & HarvestFest) CommUnity Meal (in-person) Oct. 25

Facilitator Final Debrief Monday Nov. 9th 6:30 to 8:30 pm CT on Zoom

Prosperity Series begins 1/13/2027 # of weeks TBD; 5:30 to 7:00pm CT Hybrid