**Title**

Covenant Group Session Plan

Greenville Unitarian Universalist Fellowship, Greenville, South Carolina

Written by: Date:

**Welcome, Chalice Lighting:** *Here we are, together in this space. By our love and by our covenant, we make this a holy place. We light the chalice of Unitarian Universalism in honor of the light that lives in each of us, the light that shines among us, and the light we bring into the world.*

**Personal Check In:** Briefly share something from your life since we last met and how you are feeling now.

**Opening Words:**

**Questions to prompt and guide discussion:**

**Sitting in Silence** (Reflect on questions just posed as you prepare to hear readings)

**Readings- Words from the Common Bowl: Quotes/Readings**

**Sharing -** This is a time to speak without interruption and for deep listening. Deep listening means no interrupting, no fixing, no saving, no advising, and no setting each other straight. Please share responses to one or more of the session questions.

**(This is usually a good time to take a brief break)**

**Open Discussion -**This is a time to respond to something another person said about the topic or to relate additional thoughts that may have occurred as others shared their thoughts on this topic. Continue to practice deep listening.

**Closing reading:**

**Announcements/Plans**

**Check out:** As we close today, how are you feeling now?

**Extinguish the Chalice**

*We extinguish this flame but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again.*