

# All Souls



# Small Groups

## **Description of Groups** **Sign-Up and Re-Sign-Up Sheet**



**We Invite You to  
Become a Part of  
an All Souls  
Small Group**

This brochure contains information and descriptions of the All Souls Small Groups, including topics, meeting times and facilitator. We invite you to sign-up early as groups are limited to ten.

The sign-up sheet is on page 7. **Please note** that preference will be given to those already in a group.

# Small Groups Provide Opportunities for Making Connections, Caring, and Personal/Spiritual Growth.

"Barbara and I have found our participation in the Small Group Fellowship Program very rewarding, both as members of the group and as co-facilitators. We have gotten to know several members much better and feel closer to our Church Community. Exploring topics of religion and philosophy with like-minded people has been very enlightening. This, also, has provided another opportunity for service to the Church."

—**Ray Dunkin, All Souls member**



"The groups are designed to foster connection and caring, to provide an avenue for personal growth and spiritual development and ultimately to strengthen the fabric of our community and provide ways in which we may serve."

—**Rev. Calvin Dame, UU Small Group Ministry**

"My group gave me the chance to discuss ideas about religion, philosophy and how to live. We have gotten to know each other better and I feel closer to everyone in my group. I can speak about important things, feel understood and have a discussion about those things. It feels like being allowed to breathe."

—**Mike Middleton, All Souls member**

"Over the last few years in many Unitarian Universalist churches there has been developed a program of small groups that explore together many of the religious and life issues that all of us confront as individuals. The idea is for people to join together to probe deeper into life's issues within a safe and supportive covenant group."

—**Rev. Bruce Clear, Minister All Souls**

# ***What's New With All Souls Small Groups?***



*It is the sign-up, re-sign-up time of year again and we have some exciting changes to the All Souls Small Group line-up.*

*We are pleased to announce four new small groups: Barb Howe's "Soul Sisters," Don Killingbeck's "Exploring the Big Questions," Ed Harris' "Sharing Our Lives," and Ollie Howe's "Men's Circle."*

*Also, two of last year's groups will have new facilitators. Joel and Ginger Monka will take over the reins from Tom Sibert for the "Spiritual, Religious, and Philosophical" Small Group and Helen Dwyer will be facilitating the "Intuitive, Artistic" Small Group. In addition, we have nine other Small Groups returning from last year.*

***If you have a suggestion for a group you'd like to see started, please do include it on the sign-up sheet. Also, if you might be interested in facilitating check the box on the sign-up sheet. Facilitating is rewarding and doesn't have to take a lot of effort.***

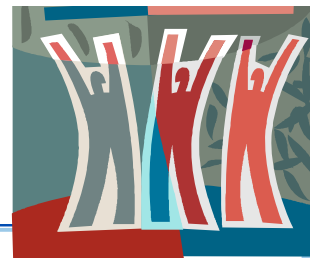
*Last year over 150 members and friends took part in one of the fifteen Small Groups. While some of those groups didn't work out, the great majority of groups have succeeded at being a place for personal/spiritual growth and for making connections with others.*

*So we invite you to browse the fifteen group descriptions on the following pages and then use the sign-up sheet on page 7 to become part (or stay a part) of an All Souls Small Group.*

*Don Killingbeck, All Souls Small Groups Coordinator*

# Description of Groups

## New Small Groups



### ***A Men's Circle***

This men's small group is about personal growth: not by studying great thoughts, but by experiencing and sharing our own truths. We will use I-Statements and active listening to explore who we are as men. This group will meet on Monday nights every three weeks. **Facilitator Ollie Howe**

### ***Soul Sisters***

The Soul Sisters at All Souls gather monthly to discuss a book, share their hearts, and hone their personal missions in life. This women-only group will meet on the first Monday evening of the month at church. Their first meeting, Oct. 1<sup>st</sup>, will focus on the book *The Four Agreements*. **Facilitator Barb Howe**

### ***Exploring the Big Questions of Life***

“Big questions stretch us. They reveal the gaps in our knowledge, in our social arrangements, in our ambitions and aspirations. Big questions are meaningful questions, ones that ultimately matter.” This group will explore together the big questions of life the third Monday evening of each month.

**Facilitator: Don Killingbeck**

### ***Sharing Our Lives***

SHARING OUR LIVES will meet the first and third Tuesdays from 1 to 3 pm in the Library at All Souls. Topics to be discussed will be religious, philosophical, spiritual and person centered. (Person centered means it matters to us.) We may discuss books, challenges, taxes, the smartest thing I ever did, and other such topics. **Facilitator: Ed Harris**

# Existing Small Groups



## ***Philosophy and Religion***

Ray has been a member for 35 years. This group will meet monthly on the first Thursday evening in their home on the west side of Indianapolis at 42<sup>nd</sup> and Cold Springs Road.

**Co-Facilitators: Ray Dunkin, Barbara Stilwell-Dunkin**

## ***Meditation***

This group practices meditation as a method of increasing attention, balance, harmony, courage, generosity, and wisdom. Multiple forms are encouraged. Practice is the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday from 7 to 8 pm, at the church. One or more members will try to be available before the practice, from 6 to 7 pm, for information or discussions with drop-ins, who are always welcome. **Facilitator: Tom Bowman, 317-514-3984**

## ***Secular Humanism***

Mike has been a member of All Souls for 10 years. His group will meet the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month from 7 to 9 pm at the church. **Facilitator: Mike Middleton**

## ***Intuitive, Artistic, and Poetic***

Our group will meet Sunday at 2pm every 3 weeks at Marquette Manor. **Facilitator: Helen Dwyer**

## ***Spiritual, Religious, and Philosophical***

Topics to be discussed will be spiritual, religious, and philosophical, sometimes from the perspective of our UU tradition. We will meet every three weeks on Wednesday evenings at the church. **Facilitators: Joel & Ginger Monka**





## ***Environmental Stewardship***

This group offers a place where we can LEARN about the global environmental crisis from scientific, economic, political, artistic, and spiritual perspectives. This group will strengthen us to DO what we can to respond to the needs of the Earth and our changing culture. Monthly, 4<sup>th</sup> Sunday, 11:45 am. **Facilitator: Liza Hyatt**

## ***Memoirs***

Mary's Memoirs Group meets twice a month on Weds. at 10 am. Group members write their own memoirs and share them at the group meetings. **Facilitator: Mary Branson**

## ***Zest in Living***

Don's group bases its discussions on the rich, varied topics from the Small Groups Book created by the Community Church of Augusta, ME and used by UU churches nationwide. Monthly, 2<sup>nd</sup> Tuesday, 7 pm. **Facilitator: Don Killingbeck**

## ***Parents of Young Children***

Emily started this group so that families with young children can get together and discuss the challenges and joys of raising children together. The group meets monthly on Sundays 3-5pm. **Facilitator: Emily Charlton**

## ***Philosophy and Religion***

This group includes many seniors and discusses various topics of Philosophy, Religion and end-of-life issues. Meets monthly on Wednesday 2-4 pm. **Facilitator: Mary Branson**

## ***Outdoors Group (group size not limited)***

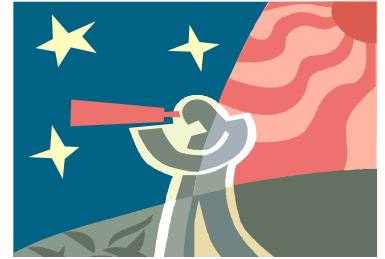
Group members participate in a variety of outdoor activities: Walking, Hiking, Camping, Kite Flying, Orienteering, Bird Watching, GeoCaching, Sightseeing, Canoeing, Snowshoeing, Photography, and others. **Group Leader: Mark Clum**

# Sign-Up & Re-Sign-Up Sheet

## ALL SOULS SMALL GROUPS

Come join (or rejoin) an All Souls Small Group.

Please return this sheet by Sept. 24<sup>th</sup>. Space is limited to 10 people per group. Please note, preference will be given to those already in a group.



### 1) Please be sure to indicate your 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> choices

Small Groups	Meeting Time	Facilitator
<input type="checkbox"/> A Men's Circle	Mon. 7 pm, every 3 wks	Ollie Howe
<input type="checkbox"/> Soul Sisters	1 <sup>st</sup> Mon. 7 pm	Barb Howe
<input type="checkbox"/> Exploring Big Questions	3 <sup>rd</sup> Mon. 7 pm	Don Killingbeck
<input type="checkbox"/> Sharing Our Lives	1 <sup>st</sup> & 3 <sup>rd</sup> Tues. 1 pm	Ed Harris
<input type="checkbox"/> Philosophy & Religion	1 <sup>st</sup> Thurs. 7 pm	Ray Dunkin
<input type="checkbox"/> Meditation	2 <sup>nd</sup> & 4 <sup>th</sup> Tue. 7 pm	Tom Bowman
<input type="checkbox"/> Secular Humanism	1 <sup>st</sup> & 3 <sup>rd</sup> Thurs. 7 pm	Mike Middleton
<input type="checkbox"/> Intuitive, Artistic, Poetic	Sun. 2 pm, every 3 wks	Helen Dwyer
<input type="checkbox"/> Spiritual, Religion, Phil.	Weds. 7pm, every 3wks	Joel & Ginger Monka
<input type="checkbox"/> Environmental Stewardship	4 <sup>th</sup> Sun., monthly	Liza Hyatt
<input type="checkbox"/> Memoirs	1 <sup>st</sup> & 3 <sup>rd</sup> Weds. 10 am	Mary Branson
<input type="checkbox"/> Zest in Living	2 <sup>nd</sup> Tue. 7 pm	Don Killingbeck
<input type="checkbox"/> Parents of Young Children	Sun. 3 pm, monthly	Emily Charlton
<input type="checkbox"/> Philosophy & Religion	Weds. 2 pm, monthly	Mary Branson
<input type="checkbox"/> Outdoor Activities	Various, monthly	Mark Clum

### 2) **New Small Groups you would like to see us start.**

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**3) We are also in need of group facilitators.** If you would like more information, please check below.

**YES, I MAY BE INTERESTED IN FACILITATING.**

Name \_\_\_\_\_

Phone # \_\_\_\_\_ Best time to call \_\_\_\_\_

Email address \_\_\_\_\_

Return this form to the Small Groups table, the church office, or by mail to All Souls, 5805 E. 56<sup>th</sup> St., Indianapolis IN 46226. *Questions? See next page.*

## **What Happens at an All Souls Small Groups Meeting?**



Although the topics of individual groups will vary, most groups will be utilizing a structure that has been found to be a component of successful UU small groups across the country. The session format includes an opening reading, time for a check-in and sharing, a topic presented with questions (that will elicit thoughtful discussion and significant reflection), and then a time for feedback and closing reading.

## **How Long Do Meetings Last?**

Sessions are designed to be one and a half to two hours long and by common consent, most groups are respectful of the time.

## **What Is Expected of a Small Group Participant?**

Participants are expected to bring a positive attitude and a willingness to share and learn. What has emerged as the most important expectation that participants have from one another is to give the meeting a high priority. While no one can make every meeting, members should make every effort to attend. If a member is unable to attend, they should let their facilitator know.

## **Who Can I Talk to if I Have Questions or Concerns?**

The Small Groups Coordinator, Don Killingbeck, will be glad to talk with you about any questions or concerns you may have. You can contact him at [donjudyk@insightbb.com](mailto:donjudyk@insightbb.com) or in the evenings till 9 pm or weekends by phone at 765-453-3031.

“Shouldn’t a religion of tolerance, compassion, openness, and hope—a religion guided by reason, intuition, and principle—be tailor-made for newcomers as well as established members and friends... We didn’t know how to welcome them, help them make connections, and encourage their spiritual explorations in safe settings. **Now we do.**” —*Robert L. Hill*

