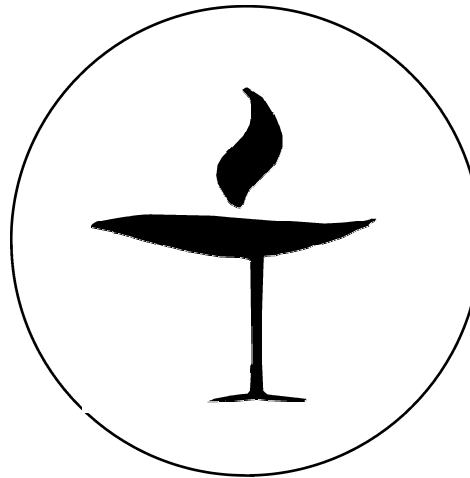


The defining elements of covenant groups:

- Ideal group size of 8-10 people
- Meetings are twice a month at a regular time
- Led by a trained facilitator
- Meeting format combining worshipful and/or centering readings, personal check-ins and discussion focused on a particular topic promoting the spiritual growth of members.
- Covenants in which members agree on how they will relate to each other and serve the Fellowship and wider community
- Service projects to the congregation and the larger community (at least one of each yearly).
- An empty chair at each meeting to symbolize the group's openness to new members as space allows.

Chalice Circles have the same elements except they meet once a month, do one service project, and only meet for one school year.

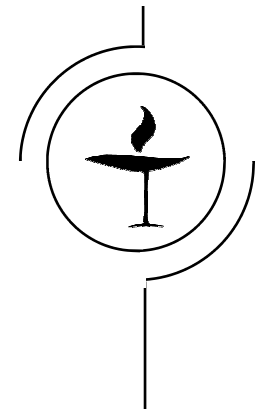


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Covenant Groups & Chalice Circles at ERUUF



Eno River Unitarian Universalist Fellowship

What are Covenant Groups & Chalice Circles?

Covenant Groups & Chalice Circles are particular types of small groups that meet regularly for spiritual exploration, reflection, mutual support, and service.

What is their purpose?

To provide each group member an opportunity to develop deeper connections within the ERUUF community as well as to explore as a group some of the major issues of life.

How do Covenant Groups & Chalice Circles differ?

Covenant Groups meet twice monthly and are ongoing. Chalice Circles follow a similar format but meet monthly and continue for only one school year.

Where do groups meet and for how long?

In members' homes or in a comfortable location at ERUUF, generally for two hours.

What kinds of topics are discussed at meetings?

Topics may relate to a recent sermon topic or center around such concepts as "values in our lives," "forgiveness," "achieving balance," and "living in community." Topics may also be chosen to facilitate personal sharing, such as "a place that has deep meaning for me."

How do Covenant Groups & Chalice Circles differ from neighborhood circles & other small groups at ERUUF?

Neighborhood circles are formed based on where members live. They are primarily social in nature and also are a means to look after members in situations such as serious illness, extreme weather events, etc.

Small groups such as a meditation groups, musical ensembles, and committees do provide a good connection to ERUUF. They are usually focused on a specific task or interest rather than on personal sharing. Covenant groups are a part of the ministry of the congregation. They exist to support their members *and* to encourage their spiritual development, meet their needs for acceptance and affirmation, and help them lead more effective lives.

What is the commitment for service?

Groups are asked each year to perform one service project each for the congregation and the larger community. Examples for the congregation might include helping as a group with the book or plant sale or Annual Auction. A popular community project is preparing and serving dinner at the Durham Homeless Shelter.

If I join, must I attend every meeting?

Usually groups covenant together that attendance is expected if the member is not ill or traveling. Occasionally, members must miss when attending a child's school event. Irregular attendance may interfere both with bonding and group energy.

If I am interested in joining a group, who do I contact and what is the process?

Joining a covenant group or chalice circle is voluntary and begins with filling out an information sheet. Spouses and partners may choose to join the same or separate groups. Efforts are made to find groups meeting at convenient times and locations. Please contact Dan Grandstaff or Carolyn Worthing at covenant@eruuf.org or 942-8094 for more information. Information is also online at www.eruuf.org.

