

Deep Listening

Mary-Elizabeth Cotton

Let us listen...

Just for a while let us silence our minds
and open our hearts.

Just for a while let us listen from within.

Listen...

Not to gain knowledge, not to formulate
questions, rather to chance upon sacred
bonds and profound wisdom.

Just for a while let us not seek
information or answers.

Let us not rouse the intellect but embrace
the spirit.

If thoughts cloud the brain may we let
them pass.

If replies tingle on the tongue, let us
breathe them away silently.

Return to them later, but here...

Here in this precious time of sharing
Let us listen...

Let the words wash over us and seep into
a still quiet pool.

Let us listen.



FIRST PARISH CHURCH OF STOW & ACTON

Sunday Services at 10 am

An LGBTQ Welcoming Congregation

Reverend Dr. Cynthia Landrum	<i>Minister</i>
Meg Rivers-Wright	<i>Membership, Publicity, Admin</i>
Rayla D. Baldwin-Mattson	<i>Director of Religious Ed</i>
Chris Hossfeld	<i>Music Director</i>
Trevor Berens	<i>Accompanist</i>
Mike Silkonis	<i>Sexton</i>

First Parish Church of Stow & Acton
353 Great Road, Stow, Massachusetts
www.fpc-stow-acton.org

SMALL GROUP MINISTRY



photo courtesy of Sue Abramamsen

FIRST PARISH CHURCH OF STOW & ACTON

What is Small Group Ministry?

The goal of the Small Group Ministry (SGM) program is for small groups of members to grow in "Intimacy and Ultimacy", i.e. to get to know themselves and their group members better.

The program is designed to provide a safe space for personal spiritual growth and friendship, "bound together in a spirit of trust and belonging."

Each SGM group has a trained facilitator or co-facilitators, who help facilitate a monthly meeting on a session topic. Since the goal is to share in the present, and we do not want members to prepare, the topic is not distributed in advance.

Benefits of joining a small group include both knowing people at coffee hour or any church activity, and developing deeper long-term relationships in our beloved community.

A Typical SGM Session

Chalice Lighting
Enter a sacred space.

Checking In
Members briefly share significant recent events in their lives.

Session Topic
Group reads some quotes and a small question list.

Sharing
Members share whatever the topic brings up for them at whatever depth they feel comfortable.

Closing
Read final quote together.
Extinguish chalice.

Past Session Topics:
Hope, Community, Stuff: The Final Frontier, Our Parents, Learning From Failure, Stress Reduction, Core Values, Food, Transitions, Our Principles, Our Immigration Stories

Get Involved

The SGM program at FPC kicks off each year in February and runs for a year. Groups have ~8-10 members. New members are welcome to join existing groups that have space at any time during the year.

The time commitment is two hours per month. In addition, the group performs one community service project per year.

Normally, SGM groups meet in the Parlor, a lovely, cozy space behind the sanctuary, accessible via the elevator. Some groups meet virtually or in larger spaces.

Sign Up Online
fpc-stow-acton.org/sgm

Contacts

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