

## AD Group Meeting Outline

Meet every 2-4 weeks

### Opening Prayer

Prayers can be taken from the Prayer Book, other sources, or offered up spontaneously. Some groups may choose to rotate who is responsible for the prayers while others may appoint a standing chaplain for the group. Figure out what works best for you. Here are two examples from the Book of Common Prayer.

#### *A General Thanksgiving (BCP p.836)*

*Accept, O Lord, our thanks and praise for all that you have done for us. We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love.*

*We thank you for the blessing of family and friends, and for the loving care which surrounds us on every side. We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us.*

*We thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone. Above all, we thank you for your Son Jesus Christ; for the truth of his Word and the example of his life; for his steadfast obedience, by which he overcame temptation; for his dying, through which he overcame death; and for his rising to life again, in which we are raised to the life of your kingdom.*

*Grant us the gift of your Spirit, that we may know Christ and make him known; and through him, at all times and in all places, may give thanks to you in all things. Amen.*

*(A Prayer attributed to St. Francis, BCP 833).*

*Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen*

### Read Group Norms (Read these every time you meet)

Norms will not be limited to, but should include the following:

1. It is the responsibility of everyone in this group to enforce these norms.
2. Confidentiality- We won't talk about what anyone shares outside of the group. This is an absolute must!
3. Prayer- You commit to prayer for one another, for the church, and for the world

4. Respect- there is no expectation that everyone will agree, but we do expect everyone to respect one another
5. Be on time and stay focused- There is plenty of time to meet socially afterwards or at other times. This group has a purpose and we are committing to staying focused on that purpose.
6. Honesty- we will try to be honest with ourselves and one another
7. Commit to depth- We all have plenty of opportunities for shallow or everyday conversations. This is a place for something more.
8. Everyone will do their part for the group. No one member will be expected to do everything.
9. We will not talk about other people in the church or community unless it is absolutely necessary to explain our situation.
10. Turn phones off
11. No one person will dominate the time or conversation.

Other potential norms for your group could be length of meeting, do you have snacks, etc..

### **Group Check In**

This is really the heart and soul of what these groups are about. Group will check in with one another and report on their Rule of Life commitments. **After each person checks in, the group will pray specifically for that person and their life.** Initially praying for each other may be the hardest thing to get used to, but it is absolutely vital. This must be done every time. The individual and the group will talk about goals for their next check in.

For each member of the group they will check in, then the group will pray for them, and then they will set goals. You go around to each member one at a time and do all three steps.

### **Open Discussion**

If time allows, we can discuss a passage, story, or question, generally provided by Father Wes.

Examples:

1. Why is it so hard to make time and energy to pray?
2. How are the people in your life supporting or hindering your spiritual growth? How are you supporting or hindering theirs?
3. Name someone who has been vital to your personal and spiritual growth and tell why?

### **Closing Prayer**