**Small Group Ministry**

**Group Session Plan**

**When Community Is Disrupted**

**Opening Words**:

If the community is based on what we hold in common,

 Then what disturbs it is a disruption of the common.

If the community strength evolves from the strength of the members,

 Then disruption comes from the vulnerability of the participants.

If community is based on a common bond with each other,

 Then it cannot be broken from without, but disturbed from within.

When community is disrupted,

what we hold in common helps us heal.

When community is disrupted,

we hold all members in our hearts as we work toward equilibrium.

When community is disrupted,

how we are with each other – our caring, our openness, our presence – becomes part of the fiber of the evolving community.

Helen Zidowecki

**Check in:**

**Topic/Activity:**

Consider times when there has been unsettling events within or external to a community of which you have been a part.

1. What have you been able to hold from the community?
2. How has the community been—or not been—present for you?
3. How have you contributed to the healing of the community?

**Closing words:**

We need our community when there are accomplishments, that we might celebrate together!

We need our community when members are hurting, that we would provide support.

We need our community when our community has been disrupted, that we might heal together.

We need our community, and our community needs us.

Helen Zidowecki

© Unitarian Universalist Community Church, Augusta, Maine