

**What is a small church group?**

A group of 6-8 adults who gather to reflect on their lives in the light of the Gospel and to share their Catholic faith through prayer, friendship, and service. Small groups give ways for believers to learn from one another using the Gospel within the love of relationships. A small church group promotes a deep sharing in the presence of trusted friends, which are formed when sharing, listening, and genuine communication are nurtured.

**Who belongs to a small church group?**

Most small church groups are diverse with single and married, young, middle-aged, and older people coming together to share their Catholic faith. The richness of diversity reflected when we gather for parish-wide Liturgy is mirrored in the make-up of the small church community. The purpose of small church groups is to help participants make strong connections between their Catholic faith and their everyday life.

*Communal Life*

*<sup>42</sup> They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of bread and to the prayers. <sup>43</sup> Awe came upon everyone and many wonders and signs were done through the apostles. <sup>44</sup> All who believed were together and had all things in common; <sup>45</sup> they would sell their property and possessions and divide them among all according to each one's need. <sup>46</sup> Everyday they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, <sup>47</sup> praising God and enjoying favor with all people. And every day the Lord added to their number those who were being saved.*

~ Acts 2:42- 47

**How does it work?**

A small church group must have a contact person, provide an outline and references of the sessions that are expected to be used *ex. Sunday by Sunday, Formed etc.* While representing Christ the King Catholic Church an outline must be presented when there is a change along with a criterion.

What is required within a small church group gathering?

- ❖ Active listening
- ❖ No interruptions
- ❖ No commenting on a person's sharing
- ❖ No trying to "fix" a person's problem or emotional state
- ❖ Feelings are neither right nor wrong
- ❖ Respect a person's boundaries
- ❖ It is OK if someone does not want to share
- ❖ Share only ONE time until everyone has had the opportunity to share
- ❖ Periods of silence can be healthy and good AND should not be filled with small talk
- ❖ No discussing outside the gathering regarding anything that was shared within the participants

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## Small Church Group

### Resources Approved By Christ the King Catholic Church

*Sunday By Sunday* only in English

*At Home With the Word* by LTP  
English and Spanish

*Formed* by the Augustine Institute  
English and Spanish  
Spanish

*Presencia* – leader and participant guide

*Symbolon* – leader and participant guide

*La Biblia Y la Virgen Maria* - leader and participant guide

*Nuestra Historia* – leader and participant guide

(Una Introduccion Basica a la Biblia Para Los Catolicos)

*Misa Explicada* – Study guide only

*Kerigma Cristiano* – Study guide only

*Sacramentos* – Study guide only

#### **\*We should always continue our growth in the Catholic faith by Biblical formation which includes:**

- On-going scripture study to foster a greater love for God's presence in our lives.
- Attending workshops and or diocesan conference

#### **And Spiritual formation by:**

- Regular participation at Sunday Mass.
- Developing your own spirituality and personal prayer by:
  - singing, praying, responding, and attentive listening along with the assembly.
- Parish & Diocesan gatherings for prayer, retreat, mission, reflection, and fellowship throughout the liturgical year.

**NOTE: Small church groups DO NOT replace the Mass nor coming together as a greater parish community; this should flow from the mass. As Vatican II reminds us that the liturgy is the source and summit of our faith.**