

# Covenant Group Topic List

## First Unitarian Church of San Jose

**Milestone Session – these sessions deal with issues related to the covenant groups:**

- Getting to know you
- Sharing Our History
- Those Who have Touched Our Lives
- Ministry, the Expression of Our Values
- New Member Introduction (if a group adds a member)
- New Member Values (if a group adds a member)
- Member Has Left (no longer present)
- Goodbye to Member
- Circle as Container: The following session (full two hours) is part guided meditation, part sharing that will allow the group to look at itself in a constructive manner.
- Creating a Small Group Ministry Covenant
- A Leader Steps Down
- Birth or Metamorphosis (a group splits to become two groups)
- Death of a Member

### **Life Event Sessions:**

- Serious Illness
- Pet Loss
- Major Problem with Child
- Child Leaving Home
- Birthdays
- Sad Occurrence
- Happy Occurrence
- Member is Overwhelmed

- When the Shooting Starts (when war breaks out)
- Lindi Said (used after the last service of a beloved senior minister)
- Remember 9/11

### **Big Question Sessions:**

- What Does Religion Mean to Me?
- Who or What is in Charge?
- What Happens When We Die?
- What It Means to be Human
- What is Our Place in the Universe?

### **Seasonal Sessions:**

- Gift of Change (Christmas)
- S30 Resurrection (Easter)
- Return of the Light (Winter Solstice)
- Our Work, Our Selves (Labor Day)
- Day of the Dead (October 31)
- April Fools S82 Passover: A Tale of Liberation
- Path of Forgiveness (Rosh Hashanah to Yom Kippur)
- What if God Was One of Us? (Advent)
- Our Fathers (Father's Day)
- Freedom and Independence (Independence Day)
- Holiday Moments (December Holidays)
- Holiday Moments
- At the Year's End (end of December. Could also work for Thanksgiving)

## Covenant Group Topic List

- After the Election. (2004 post election)
- Hotel Earth (Earth day)
- Sharing the Water of Life (Homecoming Sunday)

### General Sessions:

- Gratitude
- Big Rocks: Setting Your Priorities
- Response to Terror and War
- Person or Independent Web?
- Parenting and Mentoring
- Mountain Top Experience
- Accepting Gifts
- Our place in nature
- Presuming innocence
- Stages of Faith
- Religious Community
- Ministry in Church Community
- Play
- Taking a Stand
- Labels
- Space in Between
- Take Your Time
- Books that have changed my life
- Planting Creativity
- Pure Joy
- Principles 1 and 7
- Caring Community
- Principles 2 and 6
- Principles 3 and 5
- Principle 4
- Congruence of Belief and Action
- Labyrinth
- Parting is Such Sweet Sorrow
- Accomplishments
- The Stranger

- Failure
- A Time of War
- Spirituality of Housework
- The Art of Giving
- Creative Idleness
- Wage Peace
- Do We Pray
- How Much is Enough
- Spirit of Place
- Forever Young
- Balance
- Passion
- Radical Affirmation
- Living in your body
- Appearances
- Destiny and Grace
- What Makes a Community Work
- Sorting Our Values
- Living With Uncertainty
- Sit It Out or Dance
- Learning By Heart
- Radical Hospitality
- What Is the Good life?
- Passage Meditation: meditation on a sacred text
- The Listening Ear
- Reclaiming Hope
- Wisdom Courage Serenity
- Is It a Boy or a Girl?
- Movies with Meaning
- Vision of the Future
- After the Catastrophe
- Mission Centered Church
- Ministry of Hospitality
- Food and Spirituality
- Keeping Sabbath
- Life Goals
- Sharing the Good News
- Finding Our Boundaries
- Romance of Travel
- Stewardship
- Pagan Peace Ritual

## Covenant Group Topic List

- Science vs Religion
- Powerful Beyond Measure
- Bible
- Negative Emotions
- Ethical Wills
- Checking Your Ethical Pulse
- Self-care
- Isms
- Unsent Mail
- Flowers
- Our Relationship with the earth
- Source Traditions
- Animals in Our Lives
- Happiness
- Heroes
- Facing Fear
- Where Would We Be without UU
- Meaning of Home
- Deep Listening
- Reconsidering the Principles and Sources
- Our Migration Stories
- Everyday Mindfulness
- Asking for Help
- Great Turning
- Language of Reverence
- Above and Beyond
- Unwise Purchases
- Love is the Doctrine
- Quest of Truth/
- Service is our prayer
- To Dwell Together
- To Seek the Truth
- To Serve Humankind
- Harmony with the Divine
- Personal Mission Statement
- When I Die
- Not a Genuine....
- New Beginnings
- Crushes
- Sports and Life
- Simplicity
- What If I Won the Lottery
- You and Jesus
- Doubt
- We are All Animals
- Mentors
- I Never Said Thank You
- Seven Deadly Sins
- Standing on the Side of Love
- Procrastination
- Unitarian Universalism for a New Century
- School Days
- War and Peace
- Right Speech
- Power of Music
- UU Culture
- Listening Perspectives
- In Community

### Unitarian Universalist Church of Berkeley

#### First Four Sessions

- Getting to Know You
- Covenant
- Divergent Paths
- Friendship
- What is Your Religion?

#### General Sessions

- Authenticity
- Change
- Community I
- Community II
- Creativity
- Food
- Forgiveness
- Getting to Know You
- Gratitude
- Holidays

# Covenant Group Topic List

- Laughter
- Love I
- Love II
- Meaning of Life
- Renewal
- Sharing Our History
- Soundtrack of Your Life
- The Sacred
- Those Who Have Touched Our Lives
- Three Important People in Your Life
- Your One Life
- Ending a Chalice Circle**
- Endings
- Intimacy

## **Spiritual Journeys: 101 Session Plans for Small Groups:**

### **Starting New Groups**

- Topic 1: Getting Started
- Topic 2: Service in our Church and Community
- Topic 3: Articulating Your Faith
- Topic 4: Faithline
- Topic 5: Spiritual Practices
- Topic 6: Sharing Our Eternal Truths

### **UU Principles**

- Topic 7: UU Principle #1: Inherent Worth and Dignity
- Topic 8: UU Principle #2: Justice, Equity and Compassion in Human Relationships
- Topic 9: UU Principle #3a: Acceptance of One Another
- Topic 10: UU Principle #3b: Encouragement to Grow Spiritually
- Topic 11: UU Principle #4: A Free and Responsible

Search for Truth and Meaning

- Topic 12: UU Principle #5: Right of Conscience and the Democratic Process
- Topic 13: UU Principle #6: World Community with Peace, Liberty, and Justice for All
- Topic 14: UU Principle #7: Respect for the Interdependent Web
- Spiritual Journeying**
- Topic 15: The Spiritual Self
- Topic 16: Awakening
- Topic 17: Wondering
- Topic 18: Searching
- Topic 19: Discovering
- Topic 20: Assimilating
- Topic 21: Changing
- Topic 22: Sharing

### **Attitude Adjustment**

- Topic 23: What's Your Opinion?
- Topic 24: What Do We Care About?
- Topic 25: Transforming Power of Love
- Topic 26: Optimism in Hard Times

- Topic 27: Humility
- Topic 28: Mindfulness

### **Clarifying Values**

- Topic 29: Living Our UU Values
- Topic 30: Setting Priorities in a Busy World
- Topic 31: Dog is My Copilot: Use of Conscience
- Topic 32: Staying Healthy in a Tempting World
- Topic 33: The Need to Achieve

## Covenant Group Topic List

- Topic 34:Children as Spiritual Advisors
- Topic 35:Commitment
- Topic 36:Old Friends
- Topic 37:Upholding Covenants
- Topic 38:Can We Act Too Nicely?
- I Believe in...**
- Topic 39:Spiritual Practices
- Topic 40:Supreme Being(s)
- Topic 41:Religious Traditions
- Topic 42:Are UUs Religious Heretics?
- Topic 43:Embracing Uncertainty
- Topic 44:Secular Humanism
- Topic 45:Inspiring Heroes and Heroines
- Topic 46:Of Mysteries and Miracles
- Topic 47:What Jesus Means to Me
- Topic 48:Prophets of the World
- Topic 49:Heaven and Hell
- Topic 50:The Power of Reason
- Topic 51:Right Relationships
- Spiritual Challenges**
- Topic 52:Going to Church
- Topic 53:Tithing
- Topic 54:The Road Not Taken
- Topic 55:Contentment
- Topic 56:Pride
- Topic 57:Skeletons in Our Closets
- Topic 58:Change
- Topic 59:Acting Ethically in a Challenging World
- Topic 60:Surrender
- Topic 61:Prejudice
- Topic 62:Addictions
- Holidays**
- Topic 63:Transforming Power of Resolutions
- Topic 64:Racism
- Topic 65:How Do You Show Your Love?
- Topic 66:Taking Leadership of Your Life
- Topic 67:In Spiritus Memorium
- Topic 68:Freedoms
- Topic 69:Finding Spirituality in Our Work
- Topic 70:The Virtues of Ramadan
- Topic 71:Going Beyond Thank You
- Topic 72:Atonement
- Topic 73:Reciprocity
- Topic 74:Winter Solstice
- Just for Fun**
- Topic 75:How Do We Play?
- Topic 76:One Step at a Time
- Topic 77:It's a Bird, It's a Plane
- Topic 78:What's in Your Spiritual Wallet?
- Topic 79:Spiritual Coat of Arms
- Topic 80:How Would Life Be Different?
- Topic 81:Lessons I've Learned
- Topic 82:Our Brain Attic
- Topic 83:An E-mail to My God
- Topic 84:Meaningful Meals

## Covenant Group Topic List

- Topic 85:Loving Our Neighbors as Ourselves  
**Just Being Human**
- Topic 86:Getting to Know Our Real Selves
- Topic 87:Becoming Real
- Topic 88:Letting Ourselves Just Be
- Topic 89:Digging Deep for the Good in People
- Topic 90:Getting Out of Our Heads
- Topic 91:When Things Fall Apart
- Topic 92:Risk-Taking
- Topic 93:Leaving a UU Legacy
- Topic 94:Bucket List  
**Special Use**
- Topic 95>Welcome Newcomer!
- Topic 96:A Sample Group
- Topic 97:Losing a Loved One
- Topic 98:We Will Miss You!
- Topic 99:Saying Goodbye
- Topic 100:The Tragedy
- Topic 101:Year-End Ritual