

# Covenant Circles offer spiritual exploration

Do you yearn to build stronger interpersonal relationships with other UUs while engaging in spiritual exploration?

You can do this each month at CVUU in Covenant Circles (CCs), now meeting via Zoom! These small groups provide an avenue for confidential discussion and deeper spiritual exploration led by Covenant Circle facilitators. You are invited to join one of these groups for late 2020-2021!

Covenant Circles offer opportunities for relationship building as well as spiritual exploration in small group, private discussions which meet once each month (or twice monthly for the Saturday afternoon Covenant Circle). Group members and facilitators select the discussion topics, though sometimes groups choose to follow the worship services theme for the month such as “Community” or “Remembrance and Gratitude” to share from their own personal experiences with one another.



These are not forums for intellectual, abstract discussion but instead provide us the chance to share personal life experiences related to the chosen theme such as: “What life experiences have challenged you along the way even though you may only later have realized the ‘gift’ those challenges brought you?”

Since our feelings and emotions are engaged any time we explore values and meaning in our lives, Covenant Circles encourage our sharing but also provide important bridges to build community and personal exploration at a deeper level.

If you feel the need for individual emotional support, contact the minister, [minister@c-vuu.org](mailto:minister@c-vuu.org) or the coordinator of the Lay Pastoral Care Team, Francie Siegfried, at [laypastoralcare@c-vuu.org](mailto:laypastoralcare@c-vuu.org).

## Covenant Circles for 2020 -2021:

- 3rd Tuesday night, 7 - 9 p.m.** Facilitators: Perry Duncan and Rosemary Ayres.
- 2<sup>nd</sup> Wednesday night, 7:30 – 9 p.m.** Facilitator is Francie Siegfried.
- 1<sup>st</sup> Thursday night, 7 – 9 p.m.** Facilitator is Richard Anderson.
- 2<sup>nd</sup> and 4<sup>th</sup> Friday afternoons, 3:15-5 p.m.** Facilitator is Vicki Caminer.
- 1<sup>st</sup> and 3<sup>rd</sup> Saturdays, 2 - 4 p.m.** Facilitator is Joe New.
- 4<sup>th</sup> Thursday,** Facilitator is Pat Metzler. **NOTE:** This CC is on hiatus until in-person meetings at CVUU resume.

To join a Covenant Circle, contact Vicki Caminer, Covenant Circle convenor at: 757-638-0737 (landline) 757-469-1397 (cell) or email at [vickicaminer@gmail.com](mailto:vickicaminer@gmail.com).