Small Group Ministry

Group Session Plan – Parents, Adolescents

**What Has Changed? And Covenant**

**Materials Needed:**

Easel and markers for covenant

Post it notes and pens

Journals for each participant

Chalice

**Opening Words:**

The fundamental fact about our experience is that it is a process of change.

*William James Coming of Age.* by Edward Searl. (Skinner House, 2007), p.30

**Chalice Lighting:** As Unitarian Universalists we gather to share ideas with open minds, finding solace and support in community.

**Check in:** This is a time to briefly share how you are doing today, in order to free yourself to be present here. This is a time to listen with full attention to each other and accept each person’s sharing in silence.

**COVENANT:** Together we create a set of guidelines by which we all agree to adhere while in this group together. Let’s create our covenant now, knowing it is a living document to which we can add or subtract as needed by the group.

Write down a few items for our covenant on your post-it notes and we will create a group covenant.

Note: Please be really clear about the need for confidentiality. It is ok to discuss general topics with others outside the group, but it is NOT OK to mention names or even imply specific issues that came up within the group to others. We are protecting the privacy of our children and of parents in our community.

**Topic/Activity:** Adolescence is a time of remarkable change. It can be a tumultuous time and a time of profound discovery. It can be a time of grieving and it can be a time of celebration.

When you think about your teenager, what are some of the changes you have experienced that come to mind? Please write five changes that come to mind.

Invite people to share those changes. (Note here if there is need for a talking stick for this group.)

**Check-out/Likes and Wishes**: How was the session for you?

**Closing:** Responsive Reading

When we live with criticism *We learn to condemn*

When we live with hostility *We learn to fight*

When we live with shame *We learn to feel guilty*

When we live with tolerance *We learn to be patient*

When we live with encouragement *We learn confidence*

When we live with praise *We learn to appreciate*

When we live with fairness *We learn justice*

When we live with security *We learn to have faith*

When we live with approval *We learn to like ourselves*

When we live with acceptance and friendship

*We learn to find love in the world*.

*“When We Live … We Learn.” (Children Learn What They Live,*

*by Dorothy Law Nolte, adapted by Helen Zidowecki)*

*Parenting Adolescents,* Karen Fisk, Unitarian Universalist Community Church, Augusta, ME

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