



# S E P S

FOLLOWING IN THE FOOTSTEPS OF JESUS

## ENGAGE FAITHFUL CONNECTIONS

The Catholic Church is big. There are 1.3 BILLION Catholics and it can seem easy to get lost among them. Even our parish can seem big at times! This can make it challenging to grow in discipleship because we're meant to practice and celebrate our faith as part of a community - not just as an individual!

The past months have made it especially challenging to engage in our faith community and many of us are finding ourselves more isolated than ever. One remedy to both of these difficulties is finding a few people (or maybe just one) who want to grow in their relationship with Jesus and spend intentional time with them doing just that. We call this "small group".

### SMALL GROUP IS WHERE OUR BIG CHURCH GETS SMALL.

It's a community that supports each other as they journey with Christ. It's a place to care for others and to be taken care of. It's a way to go deeper in faith together.

When we seek a community within our larger parish family, we give Jesus permission to enter our lives through other people. And for Him to enter their lives through us! It can be difficult or intimidating to step out of our comfort zones and invite a few friends to make a small group. We want to help you! Or if you want to join an existing group, we have one just for you!



WANT TO MAKE A SMALL GROUP,  
BUT DON'T KNOW WHERE TO START?  
WE'VE GOT YOU COVERED!

# INFORMAL SMALL GROUP SUPPORT

## WEEKLY VIDEO

A simple way to kick start a small group is by watching a video series and discussing it each week. This Lent we're suggesting **The Search** by Formed.org.

The format is simple; a video goes out to the group each week, everyone watches it separately then gets together to share their thoughts and reactions.

Support for watching **The Search** as a group, as well as joining Formed.org, can be found on our website:  
[parish.stnorbert.org](http://parish.stnorbert.org)

## WEEKLY GOSPEL

Looking to break open scripture as a group? The Sunday readings are a great place to start. It enables the group to get to know Jesus on a personal level and enter into Sunday Mass more deeply!

Here are some simple steps to follow:

1. Read the Gospel out loud and listen for a word or phrase that sticks out to you.
2. Take a few minutes of silence to let that word sit in your heart, then share it.
3. Repeat 2 more times asking God two questions: What are you trying to tell me? What do you want me to do?

Encourage each other, listening to God's takes practice!

## WEEKLY READING

Reading a book together can be a great way to start a small group. It's like book club but better!

Choose a spiritual book to read. We'd like to suggest **I Heard God Laugh**. We gave it as a Christmas gift to all parishioner and have FREE copies for your group, as well as a discussion guide!

Break down the book according to how long you want to read it. 7 weeks? Divide the pages by 7 and each week, everyone reads those pages! Then get together and discuss or share how it's touching your life.

## TIPS FOR ANY SMALL GROUP

Say a simple prayer at the beginning and end of every meeting.

Spend time laughing together!

Don't leave small group unchallenged or unchanged!

Encourage others to be open by modeling it yourself

For more help or if you have questions,  
contact Ed Grady at [egrady@parish.stnorbert.org](mailto:egrady@parish.stnorbert.org)