

JANUARY

Small Group Guide

Invitation

SUGGESTIONS FOR THIS MONTH'S MEETING:

- The holiday season often brings both joy and stress — travel, family dynamics, unmet expectations or exhaustion, which can linger into January. Create space at the beginning of your meeting for members to share honestly about how their Christmas season went. Encourage one another with empathy, prayer and gratitude.
- As the new calendar year begins, this is also a natural moment to reflect on your group's rhythms and expectations:
 - Is your current meeting time still working for everyone?
 - How are people feeling about communication outside of meetings?
 - Does the flow of your gatherings feel life-giving and accessible?

As the group leader, your role is to receive this feedback and discern any needed adjustments. Some members might be hesitant to speak openly in a group setting; consider following up with a personal text or phone call to invite their input.

DISCUSSION QUESTIONS

1. *Share about a time when someone invited you more deeply into a community of faith. What did that invitation look like, and how did it affect your relationship with God or others?*

2. *Who are “your people” right now? How much overlap is there between your closest friendships and your parish community? Why do you think that overlap exists (or doesn’t)?*

3. *What feels most helpful right now when it comes to building authentic community at your parish?*

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4. *How might God be inviting you to contribute to building community at your parish, even in small ways?*

5. *In this month's video, Mike and Krysten describe the gathering space after Mass as the first place God sends them to reach out to others. How might this perspective change the way you approach Sundays or interact with others at your parish?*

