



FUMC Covenant Groups

**How do we keep on living in hope in our pandemic lives?
John Wesley had an idea.**

John Wesley was the leader of Methodism: he created small groups to ask the question, “How goes it with your soul?” January of 2022 is a perfect time to have a group to ask such a question of its members - so many of us need to know that we are not alone in mourning losses of our “normal” life to this pandemic life, and in searching for courage and support to carry on. The Covenant Group is a way to help each of us discover what we need to put “oil in our lamps” (to use a parable of Jesus).

What is a Covenant Group at FUMC?

- Small groups (no more than six members).
- We ask the question: How goes it with the soul?
- Groups will be supported by a Soul Care guide created by the Spiritual Formation team.

The Soul Care guide includes:

- Scriptures and presentations on topics including: self-compassion; authenticity and vulnerability; navigating grief; boundaries; facing our fears; meaning-making; and many more.

By journeying together and working through these subjects, we will build hope that we will be better equipped to navigate the challenging times that we live in.

if you are interested in participating in a Covenant Group from Jan. 10-Feb. 28:

1. Please [include your name here](#)
2. Let us know the best times for you to meet with a Covenant Group [here](#). You will receive information about your group by Jan. 1, including members, time of meeting, etc.

Questions? Please contact Debbie Houghton at debbie@fumc-a2.org.