

Small Groups at New Roads

What is a small group?

- A group of about 6-12 people that meets weekly to support one another in life and faith. Discussion is based on the New Roads message series.
- A group can be open to all or organized around an “affinity” e.g. mom’s group, men’s group, etc.
- A more personal environment where we can get to know others & be known by others.
- A place where we can work to apply God’s wisdom to the issues and challenges of our daily lives.
- A safe and supportive environment where we can be encouraged and challenged to go deeper in faith.
- A place where we give and receive compassion and care within our church family.
- A place where everyone is welcome no matter where they are on the journey of faith.

What a small group is NOT...

- A Bible study – We will reflect on God’s word in the context of the weekly message but a small group is not a Bible study.
- A prayer group – We will start the meeting with prayer and encourage small group members to pray for one another regularly but a small group is not a prayer group.
- A support group – We will offer and receive support in this group, but a small group is not a therapy session or support group.

What we’re aiming for...

- Space to listen for God’s voice – Silence is good!
- Living out discipleship – “What is God saying?”
- Presence not advice – It’s all about accompanying one another.
- Questions over feedback – Ask questions to better understand someone’s point of view and encourage sharing, instead of offering your own feedback.

What happens at a small group meeting?

- Beginning (~20 min) – Opening prayer & introductions/icebreaker
- Middle (~45 min) Brief recap of the message & discussion questions based on the message
- End (~5 min) – Closing prayer

Simple ground rules for small groups:

- Confidentiality: everything shared in small group stays in small group
- Respect: stay out of judgment
- Honesty: be authentic, be yourself
- Prayer: we pray for each other, we root for each other

Logistics of a small group session

- Sessions usually run for ~8 weeks. We ask people to be present for all meetings, or at least ~6 of 8.
- Groups meet for 60-90 mins depending on the group/leaders’ preference.
- Groups meet weekly at the same time/on the same day of the week.
- Each group will have 2 co-leaders who share leadership of the group and rotate weekly facilitation.
- Groups can meet in person (at someone’s home, or at church) or on Zoom.

For more information, visit newroadscatholic.org/small-groups.
Questions? Contact Maria LeBlanc at mleblanc@newroadscatholic.org
or call the New Roads office at 617-484-1996.