



Compass

January, 2010
Issue 2

Welcome to the 2nd Issue of Compass!

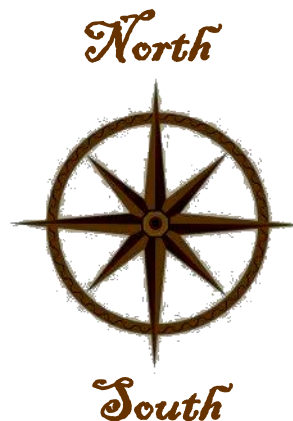
Our Newsletter for Leaders at Highfield Baptist Church.

This month our focus is on Small Groups...

Last fall, a group of us attended the Willow Creek "Group Life" simulcast. Here are some reflections from that day from some of the people who attended.

Don't forget to check out our calendar of events...

Blessings,
Pastor Troy



“Group Life” Willow Creek Simulcast

“Leading From a Healthy Soul”

Mindy Caliguire - is the founder of Soul Care; a ministry focused on spiritual formation and growth. She serves as a frequent speaker and leadership consultant to churches and ministry groups.

SUMMARY

By Frank Haines

Jesus asked the question, “What good is it to gain the whole world but lose your own soul?” We need to remember that this is true for the believer as well as for the non-believer.

A small group leader needs to lead from a healthy soul. All other traits are secondary. We need to nourish our souls in order to be healthy and have a healthy well-being.

Symptoms of Soul Neglect

- become cynical – negative/always see the problems
- become selfish
- engage in busy-ness
- develop a critical/judgmental spirit
- exhibit apathy
- develop insomnia
- withdraw by becoming introverted, effectively isolate yourself
- show signs of anger/fear

Symptoms of a Healthy Soul

- exhibit joy
- peace
- confidence with humility
- safety
- purpose
- energy
- attentiveness

Having a healthy soul is all about my connection with God. The choice is mine – which list will I choose?

Leadership can be dangerous to the soul. As the pace of life picks up, we feed our soul less. Many of life’s most critical things fall apart as the health of our soul diminishes. This is why we need constantly to feed our souls.

What *tends* to happen is that the health of our soul diminishes as the pace of life quickens.

What *needs* to happen is to let the pace of life slow so that we feed the soul. Then, as the pace of life quickens again the health of our soul matches the pace of our life.



“Safe People/Dangerous Groups”

Henry Cloud - Dr. Cloud is a clinical psychologist and leader known for his ability to simplify life's issues and his easy to understand, practical advice.

REFLECTION

By Janet Williston

Think of one person or group in your life who most accepted you for who you are. They actually invited and received “the truth about you.” What did they do or say that persuaded you they were safe to open up to? How did that relationship impact the person you are today?

These questions help us understand why small groups are so important. Small group is where we can really know each other and accept each other. We challenge each other and we grow in grace together and grow in faith together.

Small groups can provide the safe environment where this can happen:

- where we set the rules to allow for honest sharing,
- where we don't pass judgment but offer grace,
- where we love not just by word but with action,

- where we admit we don't have all the answers and that life is not always easy.

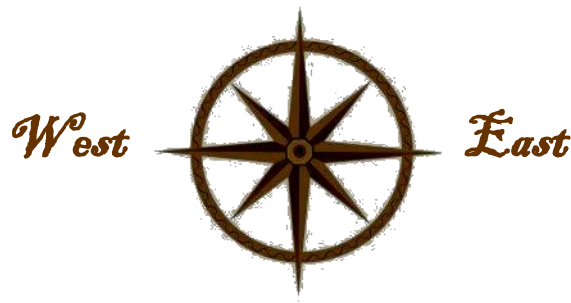
SMALL GROUP SAFETY

What are the things you would expect to talk about if your group was perfectly safe?

What are the qualities that make someone easy to open up to? Hard to open up to?

We grow through our suffering and we grow through discomfort. A small group needs to have a structured path to establish group norms. Small groups need to talk about safety in the group and what that looks like. For example, what is shared in the group must stay in the group.

And then, as small groups look to God's Word and delve into it, our faith grows and life change happens because small groups are safe places.



SOUL HEALTH

Rate the health of your soul, based on Mindy Caliguire's "*Signs of Spiritual Neglect and Spiritual Health*"...

Would you say that the pace of life has overtaken the health of your soul?

Which of the following could you plan into life in the upcoming days and weeks?

Daily Bible reading and prayer;

Writing in a prayer journal;

Praying with someone else; Meeting with a mentor;

Setting aside a day or part-day for prayer and Bible reading.



The Basics of Small Group Sharing

(Adapted from "SmallGroups.com")

- Listen Intently. Resist the urge to criticize, make judgments, or offer unsolicited advice
- Respect Differences. Accept the inherent worth and dignity of each member and listen to one another with tolerance and respect. Do not use hate language.
- Don't "Cross-Talk." When other members are speaking, don't interrupt or carry on separate conversations.
- Use "I-Statements." Speak from your own heart or experiences, not what we have read or heard about others. Use "I-statements" such as "I feel..." or "I hope to..."
- Share the Air. Leave room for everyone to speak by limiting how long you speak.
- Maintain the Right of Reticence. Members have the right to pass and share later, or not at all.
- Don't Expect Resolution. Our purpose is to be present for one another and to learn about topics together – not to solve a group member's personal problem or to come to a consensus about a topic.
- Respect Members' Privacy. Respect each other's wishes about if or how or to mention things shared within the Small Group. What is shared in the Group stays in the Group.
- Attend Gatherings Consistently. We come to care about each other, and miss those who aren't there.
- Share Ownership of the Group. All of us are responsible for ensuring that the group follows the basic rules.

Calendar



"What If" ~ Sun Feb 14th

A SIX WEEK EMPHASIS ON AUTHENTIC COMMUNITY AND REAL SHARING



- ... WE CARED?
- ... WE WERE HONEST?
- ... WE FAILED?
- ... WE GOT OFF THE COUCH?

Compass - a leadership newsletter for leaders of Highfield Baptist Church incorporating teaching from seminars recently attended by staff and leaders of Highfield Baptist, 290 St. George, Moncton NB Canada.



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