

As part of the Kairos movement we choose to live moment by moment in the most loving ways we can, with an attitude of gratitude and service to those around us. Obviously we are all human, this is a high ideal, but we promise to try and live in this way. The groups are a good place to share when we mess it up, and to find the encouragement to take a deep breath, say we're sorry and try again.

Grassroots groups form the foundation of the Kairos Movement. They are small groups that meet regularly in person and/ or virtually as a place of mutual support and challenge in our faith.

The idea is to be accountable to each other about how each person is living well and flourishing in their faith.

These small groups are a powerful way to feel sense of belonging, to learn and grow.

Ideally there is someone in the group who has some experience in following the way of Jesus, but the aim is for everyone to take leading in turn and for the groups to be a place where you learn together.

It may be that you know a couple of other people and you want to form your own grassroots group, or it may be that you would like to be put in touch with others

interested in forming a group. Either way please let us know at leaders@kairosmovement.org.uk

There are resources available on the website for groups to explore together, please do let us know if you come across anything useful that we could add to the resources. We will also offer occasional larger grassroots huddles that a member of your group will be invited to as a way to network together.

The method and style of meeting will vary group to group. We have a group that meets for 1/2 hour on zoom first thing in the morning who look at one of the 12 steps statements each week, a group that meet and share a piece of music and then reflect on one of John Wesley's questions together, a group that meet bi-monthly and are alternating between a zoom call & a walk together.

Below is a template that is used in a few different settings as a way (but not the only way) to host a grassroots group. It is included as some people find it useful to have something to work from, but if you find something else more helpful then go with that, and if you are happy to please share it with us so we can put it up as a resource.

Thank you

Grassroots groups

All are welcome here. We come together because we want each other to flourish. We come here because we believe that the Spirit of God is here, we need that Spirit of love and creativity in our lives and we see that this spirit made us to be in community.

Together we understand that life is hard, and sometimes we all need a bit of space to be heard, to be seen, to be encouraged.

So in this space we will be as honest as we feel comfortable being, we will respect one another by listening quietly to one another without jumping in with comment or advise. If someone wants us to speak into their thoughts they will ask us to.

This is a confidential space. When people talk they are trusting us with something precious of themselves. We will treat them with honour. What is said in this group stays here.

Keeping it real: Share something of the past week.
*(2 minutes if you want to share how you are just now.
& celebrate the wins/ commiserate the losses.)*

Fess Up: Space to bring before God our truth.
(A time of silence to pray/ think.)

Thought/ lectio Divina/ poem/ song/ discussion

Prayer: (Share prayers for this week)

Pray together:

God grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.
Living one day at a time, enjoying one moment at a time.
Accepting hardship as the pathway to peace,
Taking as Jesus did this sinful world as it is, not as I would have it. Trusting that God will make all things right. Amen

And/or

Loving God who is everywhere,
Holy be your name,
Your Kin-dom come,
Your will be done, on earth as it is in heaven.
Give us our daily bread,
And forgive us our trespasses, as we forgive those who trespass against us,
And lead us away from temptation, and set us free from evil, for yours is the Kin-dom, the power and the glory, for ever and ever, Amen.

May the peace of the Lord Christ go with you, wherever he/ she/they may send you.

May he/she/they guide you through the wilderness, protect you through the storm. May he/she/they bring you home rejoicing at the wonders he/she/they has shown you. May he/she/they bring you home rejoicing once again into our doors. Amen

