



## Frequently Asked Questions for Group Members

What is the purpose of Spirit Groups?	Creating spiritual community where people have meaningful conversations and providing support for spiritual growth.
Where did Spirit Groups originate?	Author, teacher and Unity leader Mendhi Audlin founded Spirit Groups for New Thought churches. Churches are participating nationwide and in other countries.
What kind of commitment is involved?	You are asked to commit to participating in your group for a season, which generally involves an optional introductory meeting, six regular meetings, a social event and a service project.
What does participation involve?	You will be asked if and how you want to help your group, such as by reading an opening prayer, serving as time keeper, bringing refreshments, etc. You are not obligated to volunteer or share. You co-create your group with the other members.
What do I need to do to join a group?	You need access to the internet and an email address. You will find a group, request to join the group, create an account and receive updates about your group via email.
Is there any cost involved?	Spirit Groups are free. You are invited to support the mission and vision of Unity of Houston, which pays for this spiritual community's participation in Spirit Groups.
How many people are in a group?	The ideal size seems to be about 8 people. We try to have no more than 12 people in a group.
Can I test-drive a group?	Yes, "week 0" is an introductory week. You can visit different groups and find a good fit.
What is the format of a meeting?	Opening prayer, checking in about life and discussing spiritual topics for the week. Hosts are facilitators trained to create safe space and draw out answers from the group.
What does a curriculum involve?	A theme or topic such as Infinite Connections and often short videos and discussion questions to stimulate conversation.
What if I need to miss a meeting?	Please let your group know in advance.
Do I have to read a book to prepare for meetings?	No. Some curriculums involve a book that is generally appreciated by those on a spiritual journey, but you don't have to read it.
Can I stay with the same group?	Yes, many groups continue meeting season after season.
Can I switch to another group during a season?	Switching groups mid-season is discouraged because people begin forming trust and sacred space right from the beginning. Such a request would be up to the host and members of the group you want to join.
Can I drop in on a group?	Yes during introductory week only. After that the groups are closed. Groups build trust through the regular attendance of its members.