

Building Community through Small Groups

Types of Groups

- Open to all
- Men
- Women
- Couples
- Families
- Youth

Group Style

- Social (Grow Groups)
- Bible studies
- Book clubs
- Video series
- Prayer groups
- Service groups

Meeting Frequency

- Weekly
- Monthly
- Quarterly

Meeting Locations

- St. Leo (limited space)
- Homes
- Parks
- Restaurants
- Coffee shops
- Office buildings

Leading a Group

- Be a companion, not an expert
- Build trust through hospitality & communication
- Personally recommend next steps for members
 - Start praying / reading scripture
 - Read a spiritual book
 - Attend Mass / adoration / confession
 - Become Catholic
 - Receive sacraments
 - Marriage convalidation or annulment
 - Lead another group

Starting a Group

- Consider a co-leader
- Determine group details (content, style, place, time, demographics)
- Begin recruiting through personal invitation
- Communicate clear expectations

Best Practices

- **Prayer:** include some form of prayer, even if it's simple
- **Social:** make time for organic friendship development
- **70-30 Rule:** 70% of talking should come from members, 30% from the leader
- **Pivot:** redirect discussion that become inappropriate, irrelevant, or negative
- **Boundaries:** Recognize limitations and refer to professional help when needed
- **Have Fun:** Keep the environment comfortable and casual

Recommended Content

- **Bible Studies / Book Studies**
 - Formed.org
 - Ascension Press
 - FOCUS
 - Catholic Productions
 - Walking with Purpose
 - Church Documents
- **Video Series**
 - Alpha
 - Catholicism Series
 - Sycamore
 - The Search
 - Wild Goose
 - Metanoia
 - The Chosen
 - That Man is You
- **Prayer Groups**
 - Hallow
 - Rosary
 - Divine Mercy Chaplet
 - Novenas
 - Liturgy of the Hours