

SMALL GROUP OPPORTUNITIES

Fall/Winter 2026

Journaling as Spiritual Practice

We will explore different types of journaling as a prayer practice and tool for spiritual formation, with space to connect, practice, and reflect on experiences together. We'll gather at Amy Macy's on the 2nd Wednesday of the month from 7-8:30, starting September 9th. If you have questions or are interested in joining, contact Amy Macy (fortmacy@gmail.com) or Paula Hampton (lphampton86@gmail.com).

Book Group: (*Searching for Sunday: Loving, Leaving & Finding the Church*, by Rachel Held Evans)

While this is technically a book discussion group, we also catch up on each other's lives and support and pray for each other. We start up again September 23rd, gathering weekly on Wednesdays in various ones of our homes from 6:30-8 p.m. For more information contact Janine Saxton (mamaj9.js@gmail.com or 971.832.0804).

Illuminate Bible Study (book to be determined by group)

We encourage growth in our faith by asking hard questions, and use the Friends Bible study curriculum, *Illuminate* to do that. Each lesson includes historical and social context, teaching on the passage, and a "Friendly Perspective" where an author shares how the passage connects with them. Discussion questions help us consider what it means for us today. We generally meet every other Wednesday from 6:30-8 p.m., at Jenny Headley Hobbs, and start back up September 16th. For more information contact Cherice Bock (chericebock@gmail.com).

Women Sharing Real Life (and Dessert!)

In this monthly gathering we create a safe space to listen well and host each other with compassion as we each share the highs and lows of our past month. Then we enjoy casual conversation over dessert, which we take turns providing. We meet at Sue O'Donnell's home on first Mondays from 7-8:30. If interested, contact Sierra Neiman Westbrook (sierraneiman@gmail.com).

First Day Conversations

We are currently finishing up *Streams of Living Water: Celebrating the Great Traditions of Christian Faith*. Upcoming topics include Quaker history and how Christians think about personal finances. We meet in the Library from 9:15-10:15 every Sunday morning for conversation and an opportunity to connect. All are welcome to join as able. For more information, contact Rick Muthiah (rnmuthiah@gmail.com).

Practicing the Practices: A Covenant Community

If you have desire and capacity to join others in honing our attunement to God's love that we might respond more deeply to live and love as Jesus did, then consider this 9-month covenant group. After an initial information and discernment gathering, those who continue will practice classic Christian disciplines, rhythms that take us inward to God's loving gaze and outward as conduits of God's love. We meet 2nd and 4th Sunday mornings from 9:30-10:30, starting September 13th. For more details contact Lisa McMinn (lisa@northvalleyfriends.org).

Touchpoint Groups

People have expressed a desire for connection but bemoan their limited capacity. The Spiritual Formation Council is excited to introduce Touchpoint Groups. These groups offer the potential for stronger community connection and support via informal check-ins using email, text, Zoom, or in person. You connect as often as works for your group. There is no curriculum, rather, you simply share life's joys and burdens with a few others, ask for prayer and hold each other in Christ's light. If a Touchpoint Group interests you, contact Lisa McMinn (lisa@northvalleyfriends.org).

