Notes from Committee on Ministry (CoM) Meeting with Committee of Chairs (CoC) on Oct. 11, 2016

Sue Stukey led the people present to consider and discuss in small groups, then the larger group:

* “What helps us to feel spiritually-grounded?”
* “How do we experience compassion?”
* “What is already happening in our meetings to promote this?”

Responses:

* Presence, sense of “I am here”, pausing, *choosing* to be grounded.
* Time and connection with each other.
* Quiet, silence.
* Amazing readings and poems.
* Connections with one another.
* Being part of a circle, having a “place”.
* Meditation, chalice lighting, rituals.
* Covenant.
* Eye contact as a way of welcoming each person.
* Effective leadership. When someone is holding the reigns, I am more patient.
* It’s easier to be patient and compassionate when our time is not being wasted.
* Listening.
* Reminder why we are all here – our bigger purpose/goals – clarity – with best of intentions.
* Kindness, both giving and receiving.
* Bringing our least contrary, most generous selves to UCM. And we’re here to *find* our best selves!
* Singing together.

Sue then asked the people present “What would help?” to increase feeling spiritually-grounded and compassionate in our meetings at church.

Responses:

* CoM could find/recommend readings for the other committees to use, and provide guidance on how to find readings (where to look).
* Lists of short songs to sing/share.
* Developing and/or updating committee covenants, including rationales for “why” they are useful.
* Suggestions for how meetings can begin/end, with reminders, resources, and training to carry out the suggestions.
* Provide training on how to lead meetings.
* Host retreats for women, men, and both genders.
* Provide a set of resources for chairs to use, especially those new to the chair role.