

# SMALL GROUPS



**Developing deep rooted relationships with God and each other**

## *Our Basic Assumptions*

1. Our deeply caring God wants us to experience the richness and support of a caring community.
2. The church is to be a caring community that offers close, accepting relationships through careful listening, forgiving attitudes, personal care, and encouragement to grow as followers of Jesus.
3. Personal care and community become most concrete and meaningful in small groups of 12 or less. At BMC we call these Small Groups.
4. Small Groups are the key caring structure of our church. Small Group leaders are supported and supervised by our pastor for providing an environment of care for each member.
5. BMC's leadership invites all attenders to become part of a Small Group!

## *Qualities of a Small Group*

- Has five to twelve members.
- Comes together around a common interest or need.
- Meets regularly (usually twice a month).
- Is people-centered; meetings include building relationships.
- Groups agree to confidentiality. Nobody criticizes behind another's back.
- Group members listen to, care for, laugh with, and support each other.
- Groups are encouraged (but not required) to consider ways of doing study together and to consider ways of offering service outside of the group.

# SMALL GROUPS at Boulder Mennonite Church

**Spring 2024– Spring 2026**

***Experience deep rooted, accepting relationships in loving Community.***



***All are welcome and encouraged to join a Small Group!***

Boulder Mennonite Church  
3910 Table Mesa Dr  
Boulder CO 80305

303-443-3889  
info@bouldermennonite.org  
www.bouldermennonite.org

## 1. Meditation/Centering Prayer Group

**Sandi Sanborn and Mary Jungerman,  
Co-Leaders**

*Meeting: 1st and 3rd Wednesdays of the month,  
11:00am-12:30pm,  
followed by optional lunch, if in person;  
11:30am-12:30pm if on Zoom*

*Meeting in Group Leader's or members' homes*  
Sandi: [sandra.sanborn@comcast.net](mailto:sandra.sanborn@comcast.net); 720-530-0569 • Mary: [mcjungerman2@gmail.com](mailto:mcjungerman2@gmail.com); 303-494-6846

We will gather to nourish our spirits and each other with centering prayer and meditation. A brief reading or verbal reflection that draws from sacred wisdom traditions which are in harmony with and including the Bible will provide the container, support or guidance that leads into our meditation/centering prayer. The leadership style will encourage all participants to share their wisdom and experience with the group during the opening and if desired teaching different forms of centering prayer and meditation. Following the time of silence, we will have a structured personal sharing time, and informal sharing among those who choose to stay for lunch. Research and experience show that centering prayer/meditation help sharpen our mental faculties, improve our emotional and physical health, and sense oneness with our Creator and all creation. A service project will be decided by the group.

## 2. Walk & Wonder

**Berit Jany, Steve Voran, Co-Leaders**

*Meets first and third Saturday morning of each month at the selected walking location.*

[beritjany@aol.com](mailto:beritjany@aol.com), [svoran@ieee.org](mailto:svoran@ieee.org)

This group meets to go for walks on the trails and sidewalks at lakes, creeks, parks and open spaces near Longmont, Louisville, Lafayette, Boulder and between. During the walks, we can marvel at God's creation and share and discuss what is on our minds and in our lives. Also, twice a year, the group could get involved in some creation care, such as walking particular paths that need cleaning up.

## 3. Singing Our Journey: Voices Together Pastor Randy, Leader

*Meeting: 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month,  
6:30-7:45 p.m. at the church (or at another time/  
place determined once the group meets)*

Randy Spaulding, [randy@bouldermennonite.org](mailto:randy@bouldermennonite.org),  
941-228-6825

Meet around the keyboard (and with other instruments, if available) to create music and to sing songs new and old from our "new" hymnal, *Voices Together*. Our goal is to sing through every song! Group members are invited to bring instruments to join in the fun, or just come to sing. Enjoy good company and wonderful music. Possible Service Projects may be to teach and sing some of the music in our regular worship services at BMC and to offer music in other venues (retirement home, social justice events, shut-ins). Our time together will begin with personal check-in time.

## 4. Heresy, Heretics, and (dis)Harmony

**Cheri Krause, Convener**

*Meeting: Once a month on Sunday  
4-6 p.m. at the Colorado Tap House, 14982 W  
69<sup>th</sup> Ave, Arvada, CO 80007 (  
and at other time/places determined once the  
group meets)*

Cheri Krause, [cheri.krause@gmail.com](mailto:cheri.krause@gmail.com),  
510-227-9712

Did you know that the roots of the word heresy come from the Greek words for "choose" and "choice"? All too often, the church discourages doubt, questioning, and choosing our own paths. Not this church! Whatever you believe and whatever is meaningful to you is welcome. Join us for engaging discussions about what is important and why. Through sharing our questions, experiences, stories, and faith (or lack thereof), we will build community and foster connections. Whether you're curious about exploring new ideas or just want casual conversation, this group offers a welcoming space to connect with like-minded individuals and have meaningful conversations. So, if you enjoy pondering deep questions, unique perspectives, and/or good beer, consider dropping by.