



R-Group Process

RECONNECT AFTER THE WEEKEND

Goal: Introduce Group to one another; Refresh the experience; Build the Container

Energy: Sovereign/Soul – Joy, Celebration, Support

Materials:

Outline of the MATC/WATC weekend.

Chant Music

A. Reconnect after the Weekend

Facilitator: Have the men close their eyes. Put on Chant Music. Use the outline from the weekend as your guide and run through the weekend. Use lamps or dim lighting if available.

Round One: Tell your story from the weekend: What you came with, what happened, what you took away, impact.... (Do this in popcorn style, instead of going around the circle.) Adjust time to accommodate the number in the group, no more than 5 minutes per person, shorter for larger groups. Give a one-minute warning if necessary.

Round Two: Free flow comments from men in circle. This is a time to share observations or support for each other. (Facilitator: watch for those who may be dominating and those who are not contributing. Tips on how to facilitate such group members are listed in the “Troubleshooting” section.)

Round Three: What do I want to experience from R Group? (In 2--3 sentences each)

B. Establish Agreements (This section can be included if the group does not already have agreements made.)

Ask: “What would you like to have as the Group Rules/Guidelines?” (Remind them of how we started MATC on Friday night of the weekend and the importance of these guidelines.) Have someone write down the ideas discussed.

“What do each of you want to accomplish?”

“What does the group want to accomplish together?”

Recommended goals for the group:

- The group is a place to tell my story: history, current life and mission
- To be authentic without being judged
- It is a place to be outrageously supported
- A place to learn to be truthful in the moment with self and the other men
- Answering the question: Where can we make a difference? Putting the stake in the ground.
- As a group, how are we going to function with ritual? (Use of incense, etc.)
- Have Fun

After the men or women have shared their ideas, have the group agree to the basic goals of the group and summarize them on paper.

Facilitator: Make a list of all of the ideas (or have a volunteer make list). Then, have the men as a whole agree together on which ones of these ideas they choose to agree on as a group.

Here are some ideas:

- Confidentiality (Explain this)
- No advice unless asked for
- Be on time

(Facilitator: Once the group decides the final version have someone agree to type them up and send them out to everyone by email or bring a copy for each man in the group the following week.)

Teaching: Integrity and Accountability

To be in integrity it requires having clear agreements that you can measure. In other words, I can only be held accountable for something that I have agreed to. If I agree to be somewhere at a

certain time and show up on time I am in integrity. If I do not show up on time, I am not in integrity. Making clear agreements is one way to help one another stay in integrity.

If time allows:

One of our basic goals is anchor the message of the Men at the Cross in our hearts. The message that **'We are Broken and Beloved.'**

It is through our brokenness, our nakedness, our vulnerability, our realities that we enter into God's grace. James 4:6 "God is opposed to the proud (all our false selves), but gives grace to the humble." Humility is another way of saying that we embrace the truth about ourselves, that God's image is broken within us and that we are in need of God. We are not God. We are not in control.

Have the men or women repeat after you: I am not God. (I am not God.) I am not in control. (I am not in control.)

In order to nurture this profound experience we had on the weekend it requires that we stay in this reality, the reality of our need for God, our nakedness and brokenness before him.

Have the men or women repeat after you: I am broken. (I am broken.)

Remember, this brokenness/nakedness is just the gateway. It is the entry way into God and all that he is and has for us. That is summed up in his love for us. It is his love that empowers us to be the men that we are called to be. To be the men that we are indeed.

Have the men or women repeat after you: I am beloved. (I am beloved.)

Men, we will be meeting together to help each other to establish this way of living into our lives as men, husbands, fathers, friends and brothers.