



## R-Group Protocol

# CREATING PROCESSES FOR R-GROUPS

There are two types of processes that you could create for an r-group meeting - a sacred space process and a work round process. A sacred space process would typically be shorter and would be used near the beginning of the meeting - after the outside check in - to help the men or women transition into a place of openness and engagement with what God has for them and for the group during the meeting. In a sacred space process, we draw our attention toward God and open our awareness to His presence. This entails us looking up and out of ourselves toward God.

A work round process, on the other hand, would typically be longer and would be used as a means for the men or women in the group to enter into their work during the meeting. A work round process could also be intended to bring the group together and unite it on some level so that the group members become more connected with one another. This would involve the group experiencing something together in the process.

Regardless of what type of process it is, an effective process will:

- **Be Experiential and Interactive.** Use symbol, physical, verbal, and relational engagement by all of the group members.
- **Be Creative.** Create processes as a team to increase the number of ideas.
- **Engage** the entire group (their thoughts, emotions, spirit).
- **Engage** the body and the heart!
- **Be Logistically Simple.**
- **Encourage Risk.** Take the participants out of their status quo and engage them in a risk of some kind.

An effective process will NOT:

- Make the leader the focal point of the process (through teaching/speaking). LESS is MORE.
- Just stay in the mind.
- Take more time than what is available.

## **Ideas for Sacred Space Processes:**

There are a number of sacred space processes posted on the Cross Ministry Group's website (<https://crossministrygroup.org/>). Under the "Staff" dropdown menu, select "R-Group Leaders" and then "Processes for Ongoing R-Groups." Request the password for this section of the website by sending an email to [info@crossmg.org](mailto:info@crossmg.org).

Another idea is to use the rituals from the weekend as sacred space processes.

- Elder Station
- Incense
- Eye-to-Eye Contact
- Threshold
- Broken and Beloved

## **Ideas for Work Round Processes:**

Create these processes as a group. Groups come up with better ideas and processes.

Use themes from the weekend or from the Cross Ministry Group's Core Values that will:

- Encourage awareness
- Encourage personal growth
- Help the group become more connected and Safe

Example would be:

- The fear exercise
- The group building exercise
- Create an exercise on using your voice
- Create an exercise on false selves trying to relate to one another
- Create a process around a mature attribute of one of the quadrants. Example: A mature quality of the Sage is "flexibility." Create a process around being flexible.
- False self, true self, broken, beloved
- Awareness
- Ownership
- How others are a mirror to us
- Dealing with perfectionism and people pleasing
- Dealing with acceptance
- Facing conflict, fears, the strengths and weaknesses of others

Note: If you use a prayer time in a process, be attentive to the possibility that another part of the meeting may already include a prayer time. Also, if prayer is a part of the process, it should be focused and intentional. We recommend you stay away from the traditional "prayer time."