

Illuminating Invisible Injustice Core Circle

Sponsored by: First Unitarian Society of Denver's "Mental Well Being Initiative" from iCubed whose primary goal is to *illuminate the invisible injustices of mental health, trauma and substance abuse* within both our congregations and our communities.

Purpose: The goal of this core circle is to provide a *safe space* for individuals in some way affected by mental health, trauma or substance abuse to *explore spiritual matters*. This is not a therapy group but a group for members to share their lives with other church members who may understand what others may be going through.

Group members could include: parents of kids or adult children with disabilities, mental health issues or other challenges, adults with past or present experiences of mental health issues, trauma or substance abuse, family and friends affected by these issues or allies willing to learn something new.

We will meet at 11 AM, the first Sunday of each month, at the church, and will meet for 1 ½ hours. This meeting is around lunch time, so feel free to bring something for you to eat or share with others, if you want to.

Core Circles are intended to help members:

- Form deeper intimate relationships
- Share spiritual struggles
- Grow and deepen religious commitment
- Minister to each other
- Support each other
- Learn from each other

Core Circles are:

- Supportive yet not a support or therapy group
- Not a formal class and yet an opportunity to learn from others
- Reverent, yet not a formal worship experience
- Not a social club and still an opportunity to make and deepen friendships

Facilitator: Jennifer Martin (j_martin_1976@hotmail.com)

**Bringing Light and Attention to Our
Struggles & Stories of Mental
Health, Addiction and Trauma**



Illuminating Invisible Injustice Core Circle

CORE Circle

Tentative Ground Rules

1. In order to develop spiritual community, each of us makes a sincere commitment to attend all sessions and to inform the group and/or facilitator in advance of any absences.
2. We all strive to form a group that is:
 - Supportive yet not a support or therapy group
 - Not a formal class and yet an opportunity to learn from others
 - Reverent, yet not a formal worship experience
 - Not a social club and still an opportunity to make and deepen friendships
3. We strive to listen to each other fully and deeply.
4. We vow to begin on time and end on time--or we negotiate any changes.
5. It is important that we keep our conversations confidential – whatever is said during a Core Circle stays there.