



Are we on Course?

Start with a time of silence and a short prayer of thanks for this group. Share some of your insights or experiences of loving and caring for, or condemning yourself. (30 minutes)

Evaluation on Community Group

Reflect on the following three questions for 15 minutes and write your response in your journal.

1. What has been most helpful to me about this group so far?
2. What has not been helpful so far?
3. What suggestions do I have for future meetings?

Share your answers in the group and write down some of each other's points.

Once all the answers have been read out, discuss the direction the group is taking and see if the suggestions can be incorporated in a way that brings consensus and coherence in the group. (45 minutes for answers and discussion)

Now bring out those goodies you've bought along, put on some music and enjoy being together in a different way.

At home this week, continue to reflect on the group and pray for it and each member.



Sergio Milandri has a Masters in Personal Formation and has been a relationship mentor in South Africa for over 25 years. He and his wife, Elizabeth, live in Hout Bay, Cape Town, and run the Sans Pareil Retreat Centre from there. **For more material visit www.relating.com or email sergio@relating.com**