

Beginnings Group Meetups and Activities

(meet Fridays at 10am – CUMC Campus/Nursery)



November 20th

- Talk about “Day One”, pgs. 27-31.
Doing the opposite. Keep and share with family.
- Activity: Read prayer of St. Francis and discuss.

November 27th

No meeting, Enjoy Thanksgiving!

December 4th

- Talk about “Chutes and Ladders” pgs. 33-37.
Greatest disappointments in life (chutes) and how did you get your way out of it?
- Activity: Share practices that have helped you cope with the “chutes” in your life.

December 11th

- Talk about “In Case of Emergency” pgs. 39-50.
Times of your life you have been angry with God. Who is your ICE?
- Activity: Our extended family and friends.

December 18th

- Talk about “Inhale Exhale, and Smelly Coughy Guy” pgs. 51-57.
Peace amongst chaos, this too shall pass.
- Activity: Meditation with Baby 😊

December 25th

No meeting, Christmas!!

January 1st

- Talk about “Birthdays” pgs. 61-65.
Expectations lead to resentments. How can we set each other up for success in the family?
- Activity: Successful ways to communicate what we need/want.

January 8th

- Talk about “Lucky Seven and Fireworks” pgs. 67-72.
What are the love stories in your life? What are you grateful for in your relationships?
- Activity: Gratitude List

