

**Small Parish Forum in Canton, Ohio: July 14-16 2016**  
***“The 8-Person Sunday School & 4-Person Youth Group”***

# ***Handout on Small Group for Girls***

*Compiled by Lindsay Buhler, Girls Group Leader*

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- The basic vision of Girls' group: to mentor the girls of the parish through their transition into Christian adulthood within the Church.
- The outline of what gatherings look like:
  - Share our highs from the week and lows, discuss weekly struggles and blessings.
  - Drink tea together. It's a regular and common act that unites. Different girls are hosts each week, supplying tea and snack.
  - Reflect quietly on a quote from the scriptures or fathers and sit in silence saying the Jesus Prayer for about 4 minutes.
  - One of the adult leaders presents for 5 or 10 minutes on a topic and discussion ensues. Usually, the group wrestles together with how to apply the main lesson of the day.
  - It is important to avoid cross-talk, shaming, too much complaining. At the same time, the leaders try to foster real discussion, some venting, discussion of relationships (both romantic and otherwise,) conflicts with others, boundaries, spiritual struggles, applying Christian teaching in life, etc.
- Ideas for discussion topics.main presentation might include:
  - The maxims by Fr. Thomas Hopko
  - The devotional writings of Abbot Tryphon of Vashon Island
  - The themes in the *Boundaries* book by Cloud and Townsend
  - Discussion of how to resolve conflicts
  - Discussion of anger and how to deal with anger
  - Discussion of loss, mourning, and grief
  - Discussion of life skills such as organization, time management, goal setting
  - Discussion about dating and boys in general
  - Reflection on beauty, body image, and distorted beauty as preached in the culture
  - Discussion on conflicts with parent. How to see their flaws and still honor them.
  - Reflection on sin, repentance, and the hurdles around Confession