

Prayer
Singing

CARE Groups

Fellowship

Bible Study



WESTOVERHILLS
CARE Group Starter Kit

CARE Group Start-up Guide

It is great, that you are interested in being part of a Westover CARE group! These groups are very effective in building relationships and growing together as families. Think of your group as an extended family. As you begin to share life with each other, your trust will grow and you will become closer as a group. Make it a goal of your group to grow your relationship and trust. It takes some time, but it is well worth it. Over time, these will become the people you can rely on. They will rejoice with you, weep with you and be the people you “do life” with. Our prayer is that you will devote yourselves to God’s teaching and to fellowship, to the breaking of bread and to prayer. And above all that you would come to celebrate the Jesus that you have in common. This packet contains some ideas to help you get started.

Determine a schedule:

- A. We recommend you meet each week.
- B. Consider mixing it up. One week have a child centered Bible Study, the next have adult Bible Study then the last week have a fellowship night and share a meal together, if there is a 5th Sunday plan a special outing as a group or virtually any other option that allows your group to thrive.

Helpful hints for working with children:

- A. The younger the child, the shorter his or her attention span will be. Most children have a hard time sitting still for more than 10 minutes at a time.
- B. The more of the five senses you involve, the greater the possibility that they will remember. Most learn best by seeing and doing, not just hearing.
- C. Look for curriculum that has a children’s resource along with it that is available on-line at <http://www.westover.org/care-group-library/>. View provided videos for additional suggestions for childcare at www.rightnowtraining.org

House Rules:

It would be a great idea to come up with some rules (stated in the positive) as a group and write them on a poster and review them each week. Here are some to consider:

- A. When you meet as a group (adults and children together), the parents are responsible for their own child’s behavior.

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- B. When children are separate whoever is supervising their activities is in charge of the children.
- C. The host has the last word on what is in bounds in his or her own house. It will help if doors to off-limits areas are closed and treasured objects are put away.
- D. Have a timekeeper who is responsible for making sure everyone leaves when it's time.

Planning a lesson:

- A. Examine your group's needs- age, size, etc.
- B. Use the Care Group resources that Westover has to offer. View the options in our resource library at <http://www.westover.org/care-group-library/> Also, utilize rightnowtraining.org to access hundreds of additional options.
- C. Take turns being in charge of leading and planning.
- D. You may want to involve the children in some parts and have a few adults take them into another room for other parts.
- E. Feel free to use supplies from the teacher resource room for your group or the Westover website at <http://www.westover.org/care-group-library/>

What NOT to do when starting a Group:

Believe it or not, there are a few things you can do right away with your new group that will completely mess it up. Here are some suggested "Don't."

Don't invite them to join your multi-tiered, network-marketing, what-would-you-do-with-\$5000-extra-a-month, personal business. In fact, if you are a group leader, avoid inviting anyone in your group into any of your business adventures.

Don't demand they open up and share their true feelings in the first several weeks. It's great if you get there, but it's awkward if you lead off with this.

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Don't confess sins and demand others do the same. Hopefully, this will come, but you have to really know a person before you share your deepest challenges.

Don't talk about politics. It is not a safe assumption that everyone in your group shares your political persuasions. You can quickly alienate people who don't agree with you. Remember, you are a group leader, not a political action committee.

Creating a Group Covenant

A group covenant is a list of statements (at least one, no more than 7 or 8) that your group members agree to follow, for the spiritual growth and health of both the individuals and the group.

Why is this important? It gives us accountability and energy to keep commitments. It's a way for us individually to prioritize our lives and resources. You can find a sample covenant in this packet. Feel free to use or edit this as necessary.

CARE Group Contact Page

If you still have questions and need someone to contact, then contact any of the people listed below:

Cliff Mullen - Connections Minister - cliff.mullen@westover.org
Rachel Fuller- Ministry Admin Assistant - rachel@westover.org
or email - Caregroups@westover.org

5 Keys to Success

Launching a Care Group takes work and dedication, but it is absolutely possible for you to accomplish. Here are some simple steps to make your life easier, your group healthier, and your impact more powerful.

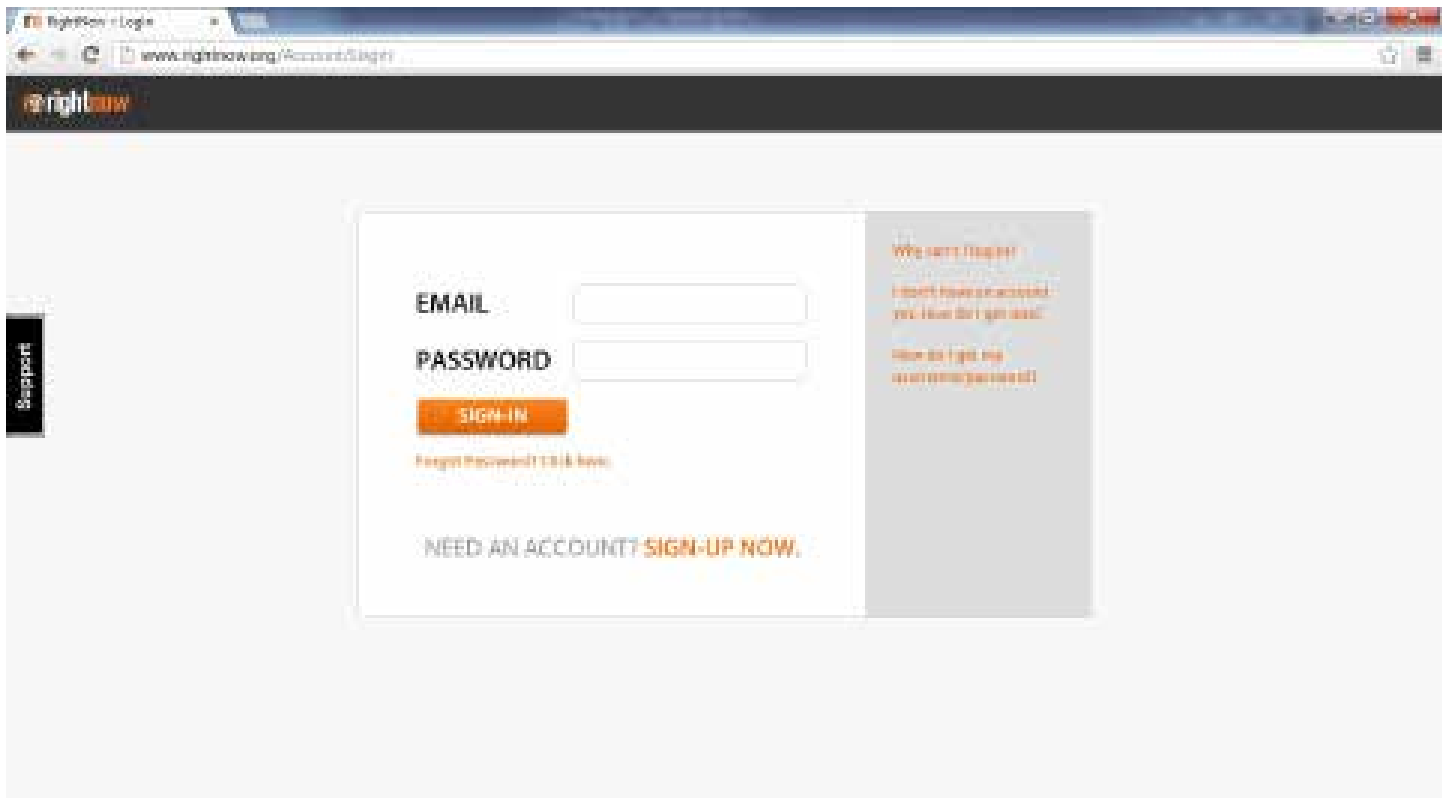
- 1) Be ready to launch your group with 6 to 10 committed members.
- 2) Be sure that everyone in your group agrees to uphold their end of your Care Group Covenant.
- 3) Be sure that everyone in your care group commits to at least 6 months with the group.
- 4) In every group gathering, have an open chair. Be sure that everyone group member knows they should always be looking to find someone to be at your next meeting to fill that chair.
- 5) Choose a way for your group to communicate (The City, email, Facebook, text messaging, etc.). Be sure that your group is in touch with each other at least once per week outside of group meetings.

CARE Group Resources

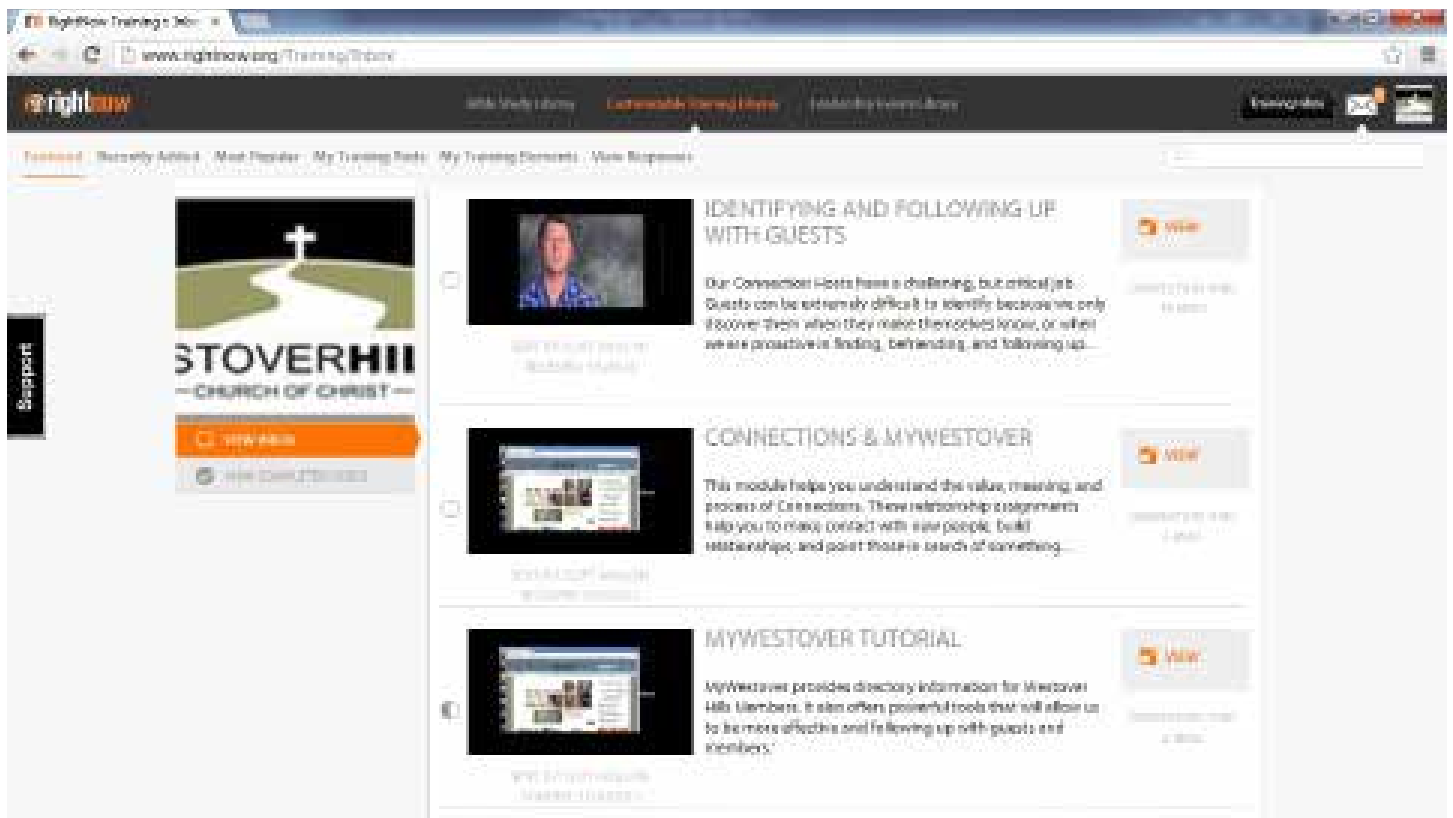
Westover can provide a lot of useful material for your group. We provide an up to date resource library that can be accessed at www.westover.org. Just visit the page, click "Request This Item" and we'll take care of the rest.

You can also access hundreds of curriculum options, Care Group leader equipping videos, and more at rightnowtraining.org. If you don't have a login, email Cliff at cliff.mul-len@westover.org and he will get you set up.

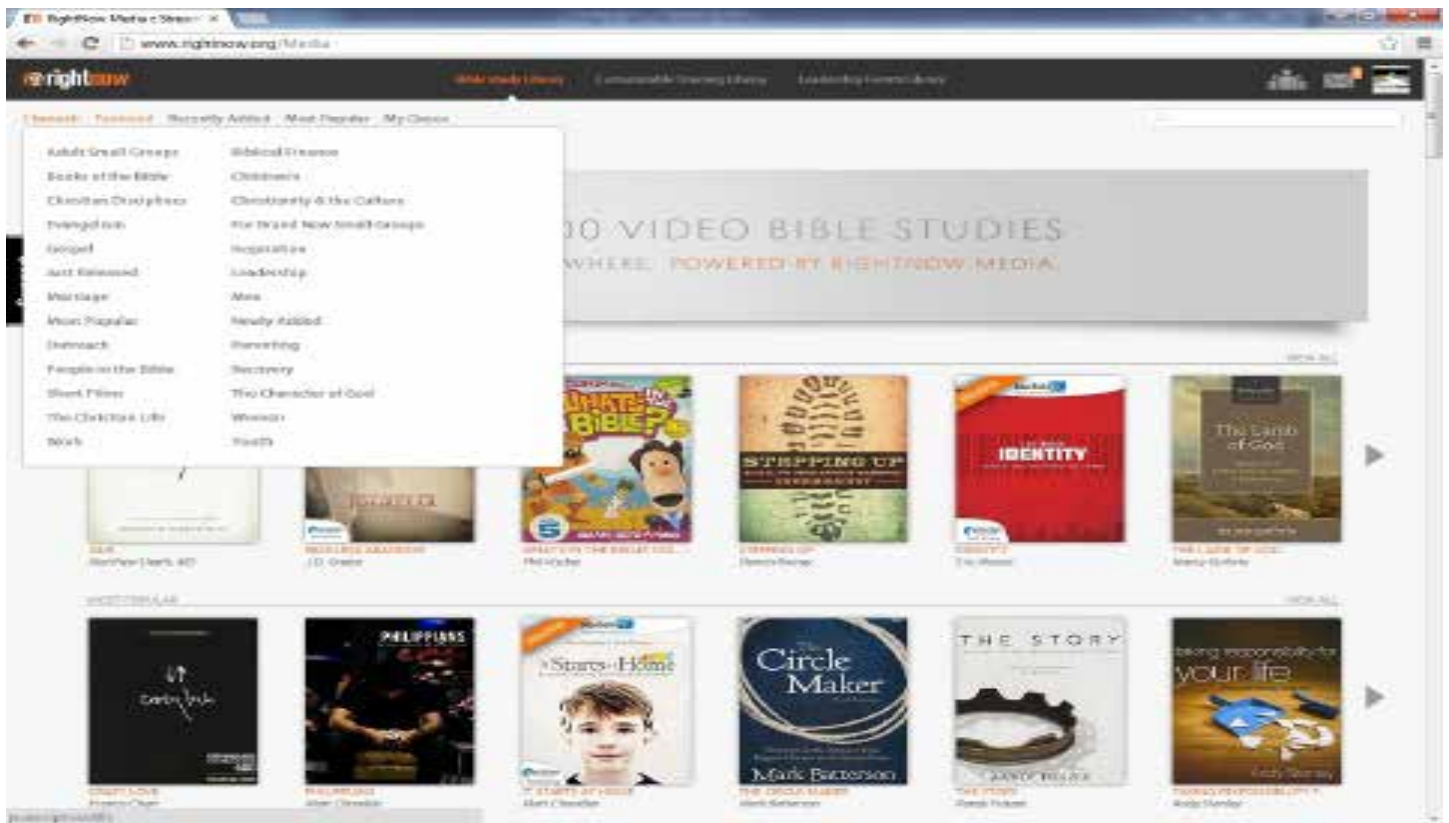
If you've got a specific resource in mind, but can't find it in our libraries, let us know and we'll do our best to track it down. Check out the next page for a brief overview of how to use these resources.



This is the login page for Rightnow.



Once logged in, this is what you will see.



Channels: This is where all of the different categories are on Right Now that you can look at. The Westover Hills featured content channel is a great place to look for recommended curriculum.