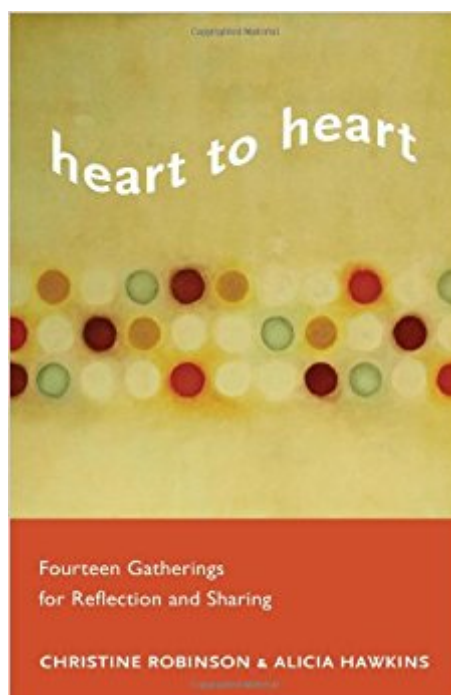


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# Heart To Heart: Fourteen Gatherings For Reflection And Sharing



## Synopsis

This elegant guide for spiritual sharing offers small groups the opportunity to connect through readings and journaling assignments. It features thought-provoking exercises on topics ranging from forgiveness and loss to nature, money and friendship. An easy-to-use handbook for both leaders and participants, Heart to Heart includes exercises for personal contemplation before each meeting and outlines a program for sharing these reflections in a small group. The authors present a model for careful, uninterrupted listening that allows participants to feel truly heard. Enriched by the experience, group members can take what they learn about themselves and each other into their homes, churches and the wider world.

## Book Information

Paperback: 152 pages

Publisher: Skinner House Books (September 1, 2009)

Language: English

ISBN-10: 1558965505

ISBN-13: 978-1558965508

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #339,179 in Books (See Top 100 in Books) #43 in [Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Unitarian Universalism](#) #983 in [Books > Christian Books & Bibles > Churches & Church Leadership > Pastoral Resources](#) #1461 in [Books > Christian Books & Bibles > Education](#)

## Customer Reviews

Covenant groups give members the opportunity to forge friendships, deepen their spirituality, and truly learn how to deeply listen to one another. This book is a simple, easy way to kick-start a new group, or revitalize an old one. "Heart to Heart" provides everything you need for a meeting - a schedule, readings, opening/closing words - then takes it a step further by supplying material for members to read before the meeting, along with suggested home activities. Through following the journaling exercises and activity ideas, a member can embark on their own spiritual journey, strengthened by the discussion and insight they enjoy in their covenant group. Small groups are a proven way of growing a church and developing the relationships between members. This book provides an easy and fulfilling way to create and nurture both the covenant group and the spiritual

life of its members. As a covenant group facilitator and facilitator trainer, I highly recommend it.

I think that the book is set up well for its purposes. I like that it has suggestions for each gathering from the topic to the sharing to the closing. It's a very useful template. What I don't like about it is the lack of women's voices and voices of people of non-Western heritages. In this day and age, I find that very disappointing. I wrote to Christine Robinson about this, and she sent back a rather terse note stating that it wasn't a survey of literature, but it was what the authors found valuable. Fair enough, but I would hope the authors would expand their reading and be able to find value in other voices. I also found it replete with biblical quotations, which I would have expected from a UCC minister but not a UU minister.

I found the book "Heart to Heart" to be a path for warm loving bonding for our group. This book gently helped me to grow and look more deeply at my own life and helped me bond (by listening) with others in my group. Since drawing pictures is not a path of growth for me, I really appreciated the variety and creative ways of exploring my own depth. I was able to use, non-picture ways of growth through the suggestions and guidelines in this book. "Heart to Heart" was a deepening and growing experience for our women's group at our church.

True, I was a little skeptical and worried this book would be all sweetness and light, from the touchy feely era. But at the encouragement of another, our group tried this. Wow. We had some of the most moving and deepest conversations ever (though conversations isn't exactly the right word, since there's a lot of active listening). It got us very close, not all nicey nicey, and yet it stayed utterly warm and safe. I don't know what her magic is, but I will surely recommend it to others, and am very glad someone recommended it to me.

My church group in Rochester, MN. is using this book to coordinate discussion groups. It's a very well-done, carefully thought-out tool. It seems quite complete, with facilitator hints and tips, and advice for how to anticipate future issues likely to arise. The only difficulty is in actually getting the book. I had ordered it from [Amazon](#) and had that order cancelled after several weeks; I tried alternate channels to no avail, and finally came back to [Amazon](#) to order from one of their vendors. The order was filled in record time, despite being a bookseller in Gloucester, in England, very near where I have cousins in Ledbury and Brooms Green near Dymock. Go figure! Only two of us had succeeded in acquiring this book. Hopefully everyone else will find a copy (Possibly from the UUA), but it would be

better if this were more available.Excellent service from this vendor!

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