

RPC+ | WE+

# small groups

A GUIDE FOR  
THIS SEASON

small  
GROUPS

# DECIDING HOW TO MEET

WE KNOW YOU HAVE MISSED GATHERING IN PERSON. WE WANT TO OFFER SOME TIPS TO HELP YOU NAVIGATE THIS DECISION.

AS LEADERS, WE ENCOURAGE YOU TO CHECK IN WITH INDIVIDUALS ONE-ON-ONE TO GAUGE THEIR LEVEL OF COMFORT WITH IN-PERSON MEETINGS SO THAT YOU CAN BEST SERVE YOUR GROUP. IF MORE THAN HALF OF YOUR GROUP MEMBERS PREFER TO MEET ONLINE, CONSIDER DOING SO.

AS YOU KNOW, GUIDELINES ARE CONTINUALLY CHANGING. WE RECOMMEND STAYING UP TO DATE ON THE [CDC GUIDELINES FOR PREVENTION](#).

1. **Illness**: Members should stay home if they or anyone in their household is sick. It is a good practice to take your temperature before the meeting. If you have a reading of 100.4 or higher, please stay home.
2. **High-Risk Individuals**: Those who are 65+, have underlying health conditions, are immunocompromised, are encouraged to continue meeting virtually. Take the make-up of your group into consideration if and when you offer an in-person option.

# MEETING ONLINE?

THERE ARE MANY WAYS WE CAN MAKE PEOPLE FEEL LESS AWKWARD AND BE MORE WELCOMING.

THINK OF THE WAY YOU SET UP YOUR SPACE AS  
*"WELCOMING PEOPLE INTO YOUR DIGITAL HOME"*

## HERE ARE SOME TIPS:

- Position computer at eye level (stack books).
- Make eye contact with the camera so people feel like you're talking to them and stay more connected.
- Find good lighting so people can really see you.
- Don't walk around your house during the meeting.
- Plan shorter meetings and build in a social time
  - People have shorter attention spans online, especially with so much of life being online.
  - Find shorter material, ask silly icebreaker questions to warm people up, give people space to talk about their life.
- Create a group message to connect throughout the week.
- Take a break some weeks from the material and play a game together.
- Virtual groups take some adjusting. You will have kinks in the system, but don't let that scare you, and don't give up too quickly!
- Mix it up and meet in person sometimes, if ALL group members are willing.

# MEETING IN PERSON?

BELOW ARE GUIDELINES THAT WILL HELP YOU THINK THROUGH MEETING IN PERSON AND WHAT THAT WOULD LOOK LIKE.

## HERE'S SOME TIPS:

- **Location:** Meet in a driveway, local pavilion, on-campus, or outside patio at a restaurant (somewhere you can safely distance; have people bring their own lawn chairs). If you'd like to meet on-campus, email us. There are childcare opportunities available to you.
- **Restrooms:** Make an easy route for people to go to the restroom and have wipes in the bathroom so they can wipe knobs on the way back.
- **Food:** If you have food, have one person wearing gloves to distribute food or have pre packaged snacks and drinks.
- **Greetings:** As much as some will miss hugging or shaking hands with other people, for now it is wise to avoid physical contact.
- **Masks:** Please wear a a mask, especially in the time people are arriving and socializing. Once group members are safely distanced, masks may be removed at the discretion of the leader and participants. It is a good idea to have extra masks available.
- **Hand Sanitizer:** Place hand sanitizer in a location easily accessible to all.
- **Cleaning:** The host should be prepared to clean and disinfect surfaces and objects that are frequently touched both before and after group (Door handles, chairs, restrooms, etc).