



Welcome. We are a group of  
**F**riends **E**xploring **A**nd **S**haring **T**ogether,  
we invite you to join us as we wonder, reflect, and get  
curious about the gifts of life and all its big questions.

We each come as we are – there is no preaching, no  
pressure here, only the warmth of welcome, the hope of  
honest connection, and the joy of being in community.

Each week we will follow the same gentle rhythm:

**F**riends gather, faces both familiar and fresh.  
**E**xploring scripture, poems, and songs of the season.  
**A**nd receiving, we open our heads and hearts to God.  
**S**haring stories, and the gifts around and within us.  
**T**ogether we listen, learn and grow as community.

Whether you have come on your own seeking answers, or  
because a friend invited you, please know that there is a place  
set especially for you around this table, and at

**FEAST.**



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## **Week 1 – The gift of Grace**

### **Friends**

- When has someone's kindness or care touched your life unexpectedly, and how did it make you feel?

### **Exploring**

- What insights into grace does this poem give you?
- What word, phrase, or sentence first caught your attention within this passage of scripture?

**And** ... as you listen to the song, take the time to listen to your head and heart, notice what memories or longings stir within, those moments of Grace.

### **Sharing**

- Where do you notice moments of grace in everyday life?
- How can we offer these "gifts of grace" to our communities this Advent?
- Who in your life has spoken grace to you?

### **Together**

- This week, try to notice one act of grace that is shared with you; be it a kind word, a gentle act, or a simple smile, and pass it on.

**F**riends, beloved of God, may we

**E**xplore the light that shines in our darkness.

**A**nd receiving grace upon grace, may we

**S**hare that love with open hands and hearts, as

**T**ogether we live as gifts to the world. **Amen**

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