



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 4 – The gift of Transformation**

### **Friends**

- When or where have you seen signs of transformation around you?

### **Exploring**

- What insights into transformation 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, longings, or hopes stir within, that seek peace amid the pain of our world, those moments of Transformation.

### **Sharing**

- What has the ordinary in your life become extraordinary?
- Where do we need to bring these “gifts of transformation” to our communities this Advent?
- Do you notice something new beginning in you?

### **Together**

- Commit to taking one small action for justice or peace each day this week, by buying fairtrade, donating to charity etc.

**F**riends, in ordinary ways, may we

**E**xplore the wonder of God-with-us.

**A**nd receiving this transforming live, may we

**S**hare signs of that gift in our daily lives, as

**T**ogether we are changed by Christ’s light. **Amen**

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