



### The Details:

#### **Commitment:**

*Triads meet at least weekly for eight to ten weeks of a specified season.*

*Group members decide when & how to meet.*



#### **Length of meeting:**

*Approximately 45-60 min.*



#### **Format:**

*Each person lifts up one special praise.*

*Each person shares one personal struggle. After sharing, each person is lifted in prayer by the other two group members.*

*Help will be given for those uncomfortable praying aloud.*

*Additionally, each week there will be a focus scripture and a prayer for the congregation and leaders.*



### The Nitty Gritty:

**Enrollment** is voluntary for those who want to participate. Registration forms can be found on our FUMC website, or by hardcopy in the office or on the Welcome tables. Also, look for an information sign-up table at fellowship time.

*The triads will be composed of people who do not know each other well so that participants can make new friends.*



### The Fine Print

#### **IMPORTANT:**

*This Fall season of Triads will conclude before Advent Season. Each consecutive gathering, people will be assigned to NEW triad groups to continue to build relationships in the congregation, building up our portion of the Body of Christ.*



#### **For more information contact:**

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The W's

### **What is a Triad?**

*Triads are groups of 3 people who meet for prayer and Christian support. Most groups are gender specific.*



### **Who can participate:**

*For now, adults involved in FUMC. While participants do not need to be members, they must currently be part of our faith community.*



### **Why are Triads formed?**

*To create a community of people who "walk alongside" each other creating friends for the ups and downs of life.*

*To strengthen and support the ministries of the congregation in focused and ongoing prayer.*

# TRIADS

*First United  
Methodist Church  
of Santa Rosa*