**General Meeting Agenda for Faith Based Mental Health Groups**

**Week 1**

1. Greeting /welcome
2. Ice breaker and getting to know each other
   1. Two truths and a lie
   2. Favorite food
   3. Humble brag – a skill, a talent, or something you like about yourself
   4. What do you like to do on a rainy day ?
3. Review Ground Rules
4. Mental Health Check
   1. How are you feeling on a scale from 1-10
   2. Share hi-light and a challenge OR hi and low
   3. May need to remind group of time limit rule 2-3 minutes per person
   4. Reassure attendees that if they need more time they can share at the end of group
5. Closing Prayer( ideas) : Week 1-6
   1. Share intentions: close with an Our Father, Hail Mary, and Glory Be
   2. Prayer of gratitude – what is everyone thankful for? followed by a Glory Be
   3. Litany of trust
   4. Our Lady of Un-doer of Knots
   5. Play a song to reflect on
   6. Lead your own prayer how the Spirit moves you

**Week 2**

1. Welcome
2. Icebreaker if needed
3. Review Ground rules if needed
4. Mental Health Check -in
5. Rejoicing in Suffering with St. Paul follow guide
   1. Opening prayer
   2. Scripture reading
   3. Discussion questions
6. Closing Prayer( ideas)
   1. Share intentions: close with an Our Father, Hail Mary, and Glory Be
   2. Prayer of gratitude – what is everyone thankful for? followed by a Glory Be
   3. Litany of trust
   4. Our Lady of Un-doer of Knots
   5. Play a song to reflect on
   6. Lead your own prayer how the Spirit moves you

**Week 3**

1. Welcome
2. Mental Health Check-in
3. Rejoicing in Suffering with St. Paul follow guide
   1. Opening prayer
   2. Scripture reading
   3. Discussion questions
4. Closing Prayer(ideas)
   1. Share intentions: close with an Our Father, Hail Mary, and Glory Be
   2. Prayer of gratitude – what is everyone thankful for? followed by a Glory Be
   3. Litany of trust
   4. Our Lady of Un-doer of Knots
   5. Play a song to reflect on
   6. Lead your own prayer how the Spirit moves you

**Week 4**

1. Welcome
2. Mental Health Check-in
3. Rejoicing in Suffering with St. Paul follow guide
   1. Opening prayer
   2. Scripture reading
   3. Discussion questions
4. Closing Prayer(ideas)
   1. Share intentions: close with an Our Father, Hail Mary, and Glory Be
   2. Prayer of gratitude – what is everyone thankful for? followed by a Glory Be
   3. Litany of trust
   4. Our Lady of Un-doer of Knots
   5. Play a song to reflect on
   6. Lead your own prayer how the Spirit moves you

**Week 5**

1. Welcome
2. Mental Health Check-in
3. Rejoicing in Suffering with St. Paul follow guide
   1. Opening prayer
   2. Scripture reading
   3. Discussion questions
4. Closing Prayer(ideas)
   1. Share intentions: close with an Our Father, Hail Mary, and Glory Be
   2. Prayer of gratitude – what is everyone thankful for? followed by a Glory Be
   3. Litany of trust
   4. Our Lady of Un-doer of Knots
   5. Play a song to reflect on
   6. Lead your own prayer how the Spirit moves you

**Week 6**

1. Welcome
2. Mental Health Check-in
3. Rejoicing in Suffering with St. Paul follow guide
   1. Opening prayer
   2. Scripture reading
   3. Discussion questions
4. Closing Prayer(ideas)
   1. Share intentions: close with an Our Father, Hail Mary, and Glory Be
   2. Prayer of gratitude – what is everyone thankful for? followed by a Glory Be
   3. Litany of trust
   4. Our Lady of Un-doer of Knots
   5. Play a song to reflect on
   6. Lead your own prayer how the Spirit moves you