

Why do we take Breaks in Our Connection Groups Meeting Schedule?

The Connection Church has a Connection Group emphasis and a *Connection Group Link* three times per year, at the beginning of September, the beginning of January, and the beginning of May.

Our groups meet for 12 weeks during 3 “Waves”: Fall (September, October, November); Winter (January, February, March); and Summer (May, June, July).

The only exception to this might be our 1830 groups, which are often scheduled around the college semester.

We encourage groups to take intentional breaks between waves. Many groups get together one time during the off month for a group party, but regular meetings do not start up again until after they take a month off.

Why?

1. Regular breaks help leaders recharge, reducing the risk of burnout. This allows them to serve longer and more effectively.
2. Breaks can prevent fatigue among group members, keeping their interest and enthusiasm high.
3. Breaks provide a chance for new members to join without feeling like they are entering an established group mid-wave. This can make newcomers feel more comfortable and welcomed.
4. Each new wave after a break can be promoted vigorously, attracting those who may have hesitated to join a group that was already in progress.
5. Breaks can help refresh the group’s focus and purpose, preventing it from becoming stale. This allows for new ideas and dynamics to emerge when the group reconvenes.
6. Knowing that there are breaks can lower the perceived commitment barrier for potential participants, making it easier for them to join.

We believe that taking breaks in our Connection Group schedule is essential for maintaining a healthy, dynamic, and inclusive environment.