

Why Participate in a  
**Confessional  
Community?**

**Center for  
Being  
Known**

## Why Participate in a Confessional Community?

### WHY?

Do you long to experience being deeply known and loved by God and others?

### HOW?

- Fostering an environment where members feel seen, soothed, safe, and secure
- Listening, attuning and responding well to each other's stories
- Cultivating a closer connection with God and others
- Becoming authentically known through deep relationships
- Embracing Vulnerability
- Practicing repair after rupture

### WHAT?

Come co-create a Confessional Community with 5-8 others who will meet weekly for 90 minutes for 6 months.

### DETAILS

- Cohort 4 begins January 2025 and lasts through June 2025.
- Each Confessional Community has 2 co-facilitators who provide the "GPS" for the group as equal participants.
- All Confessional Community members will register as members of CBK.
- Most Confessional Communities will meet via zoom, with the hope of more in-person groups as CBK grows.
- Prefer Therapist-led group? Consider New Story Behavioral Health ([www.newstorybehavioralhealth](http://www.newstorybehavioralhealth))

## **Do you ...**

- Want to have a closer connection with God?
- Long to have deep relationships with others?
- Desire to live a more integrated life?
- Want to be known?

**If you answered YES to any of the above, come co-create a Confessional Community with 6-8 others who will meet weekly for 90 minutes for 6 months.**

### **Key Components:**

- Learning to tell your story more truly (truthfully?)
- Embracing vulnerability
- Practicing attunement in listening
- Becoming receptive to love from others (being seen & soothed?)
- Practicing repair after rupture

**To learn more, connect with the Center for Being Known**