



Small Group Starter Resource Guide

Inspired by St. Eugene de Mazenod and the Oblate Charism



1. Introduction: Why Small Groups Matter

- St. Eugene began his mission by gathering a small group of young people in Aix-en-Provence, focusing on their dignity and call to holiness.
- Small groups create space for **belonging, formation, and missionary zeal**—all central to the Oblate charism.
- This guide will help parish leaders start or strengthen youth and young adult small groups using simple, repeatable steps.



2. The Oblate Charism in Small Groups

Quote from St. Eugene: "We must lead young people to understand who they are in the eyes of God."

- **Closeness to the poor & abandoned:** Small groups allow leaders to walk personally with those who may feel overlooked in the parish.
- **Formation of saints:** St. Eugene's vision was that young people could become saints by encountering Christ together.
- **Missionary community:** Small groups become seeds of missionary discipleship, equipping young people to evangelize their peers.

3. Getting Started: Step-by-Step

1. **Pray & Discern** – Ask the Holy Spirit who you should invite first.
2. **Invite Personally** – Like Eugene gathering youth in his home, start small and invite directly.
3. **Choose a Simple Structure** – Begin with prayer, Scripture, sharing, and one practical takeaway.
4. **Meet Consistently** – Weekly or bi-weekly meetings create momentum.
5. **Empower Leaders** – Rotate leadership to grow ownership and responsibility.



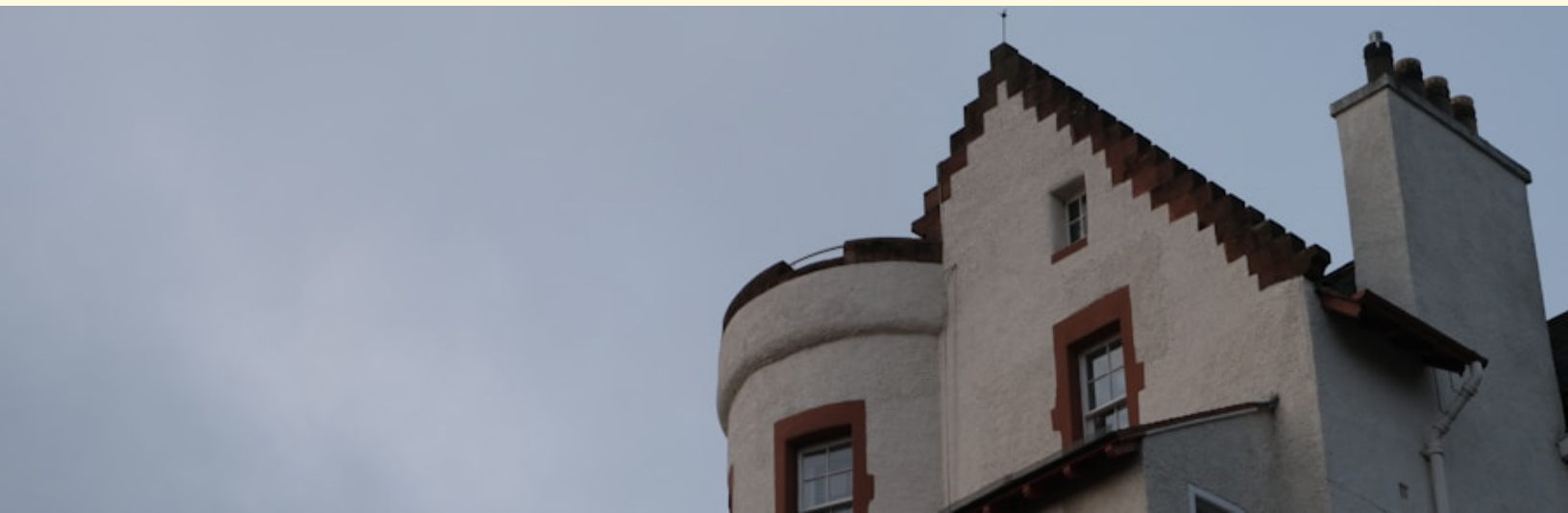
4. Sample Meeting Structure

- **Opening Prayer** (5 min) – Drawn from Oblate prayers or spontaneous.
- **Scripture Reading** (10 min) – Focused on the Gospel or upcoming Sunday readings.
- **Sharing & Discussion** (20–30 min) – “What struck you? Where do you see God in this?”
- **Mission Step** (10 min) – One small action to live faith during the week.
- **Closing Prayer** (5 min) – Include intercessions for parish needs.



5. Practical Tips for Success

- **Keep it relational:** Small groups are about friendship in Christ, not programs.
- **Start small, dream big:** Even 3–4 committed youth can ignite a parish movement.
- **Stay connected:** Link back to the parish and pastor for support.
- **Lean into the 5 Levels Framework:** This guide helps parishes move from **Level 1 (Interest)** to **Level 2 (Community Building)**.





6. Next Steps

- Download free *Oblate prayers and reflections* to use in your group.
- Schedule a consultation call with the committee for coaching and accountability.
- Share feedback so the Oblate youth and young adult network can grow together.

✨ ✨ “Together, we form communities that radiate Christ, just as St. Eugene envisioned.” ✨ ✨

