



RISE Circles Gathering Guide

A Simple Way to Start Connecting with Other Widows



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Grief is heavy—but you don't have to carry it alone.

RISE Circles are small, safe spaces for widows to gather, share, pray, and remember they're not walking this road by themselves. There's no right way to lead. There's no pressure to have it all figured out. This isn't a Bible study. It's a place to breathe, reflect, and rise—together.

Whether you gather in a living room, a church, or online, this guide gives you a gentle place to begin.

Getting Started

You don't need to be healed to host. Just willing.

If you've received the WidowRISE Companion Guide, you already have everything you need. Use it as a framework to reflect and connect. Invite one or two others to join you.

Suggested group size: 2-6 widows (smaller circles = deeper trust)

Suggested Format

- Welcome + Light Snack or Tea (10 minutes)
- Reflection + Scripture Reading (15 minutes)
- Guided Journal or Prompt Time (15 minutes)
- Open Sharing + Prayer (20-30 minutes)
- Closing Blessing or Breath Prayer (5 minutes)

Monthly Themes (Optional)

- Month 1: Naming the Loss
- Month 2: Widowhood is Not My Identity
- Month 3: What's Still True About God
- Month 4: Giving Myself Permission
- Month 5: Strength I Didn't Know I Had
- Month 6: Sacred Becoming

Tips for Hosting

- Set the tone. Let the space be cozy, calm, and judgment-free.
- Keep it simple. No need to over-plan or perform.
- Listen more than you speak. Hold space for silence and emotion.
- Let everyone pass or participate as they wish.
- Remind each other: this is a place of presence, not pressure.

Final Thought: RISE Circles aren't about fixing each other. They're about finding strength in the sacred middle of grief. You don't have to lead perfectly. Just be present. Even in your becoming—you can create belonging.