

# FAQ

ME + YOU



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## What is ME+YOU about?

ME+YOU is all about a lifestyle of relationships based on sound biblical principles. We aim to grow in our relationship with God and one another. It is about coming alongside one another on life's journey and purposefully walking with one another. In ME+YOU, the purpose is to grow in Christlikeness which results in us representing and reflecting Christ in our everyday lives.

## How often do we meet?

Once a month.

## Why do we place a high value on commitment?

Everyone brings something significant to the table and for us to build deep, meaningful relationships we need to show up. It takes consistency and time to build trust.

## How big is a group?

Anything between 5 and 12 women, including 2 leaders.

## Is my Connect Group my ME+YOU group?

### If I want to, may I join another group?

We do suggest that the ladies of your Connect Group are your ME+YOU group, as you are already building relationships and purposefully doing life together BUT if you would like to join a different ME+YOU group, you are more than welcome to.

## Do we work through resources?

Yes, we do. Every year we have a theme or topic that we focus on. A resource is discussed at your monthly meeting and you are then encouraged to dive deeper into the topic for the rest of the month and apply/live out that which you have learned.

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## What are Prayer Partners and how does it work?

Every month you have a different prayer partner. You are encouraged to pray/connect with your prayer partner for that month and if it's not possible to get together in-person, send a whatsapp or give each other a call.

## How long is a meeting and what does it practically look like?

2-2.5 hours.

Groups are encouraged to fellowship, worship together, discuss the resource (come prepared) and pray with and for one another. Remember to have fun and enjoy the relationships/women you have around you in this season.

## Where do I go if I have a problem that I can't seem to solve with my leaders?

We have a team of dedicated, trusted core leaders who you can reach out to:

Edna Els  
Joy Bellingham  
Machrista Albertyn  
Jenna van der Westhuizen  
Marian Coertzen

## What a ME+YOU group is not.

ME+YOU is a safe space to grow in our relationship with God and share our hearts. It is not a place to slander, dishonour our spouses or any other relationship. We do not tolerate gossip and if your leaders feel a topic is being discussed that is dishonouring or inappropriate they will ask you to change the topic or move on.

Please be considerate of each other's time when sharing. If you have an issue that you feel you would like to discuss in confidence, reach out to your leaders and if they feel they can't be of assistance, they will point you in the right direction. Remember, what is shared in your group is confidential and is not to be discussed or shared at home with your spouse, group members or friends.