

Nervous System Severe Fatigue, Exhaustion, Difficulties in Cognition Low blood pressure \& immune response Body Collapse, Numbness, Immobility
Nervous System
Hyper Alert
(Can be "wired" feeling)
Panic, Fear, Anxiety, Anger, Over-Eager High Adrenaline \& Cortisol High Heart Rate \& Blood Pressure

Nervous System Calm \& Relaxed, Joy, Openness, Compassion, Curiosity,
Higher Oxytocin, Low Adrenalin \& Cortisol Increased digestion \& Immune


The Pastors are now setting a Fresh Vision that small group sharing be LIMITED to groups of THREE to SIX PEOPLE per group.

HOW this works!

1. By the numbers
$>$ If you have $\mathbf{7 - 1 2}$ people you break up into at least $\mathbf{2}$ smaller groups - all in the same room!
$>$ If you have 13-18 people you break up into at least 3 smaller groups- all in the same room!
$>$ If you have 19-24 people you break up into at least 4 smaller groups - all in the same room!
2. The leaders can be part of a smaller group or float between smaller groups.
3. You can break up to by men \& women or break up by people's preferences.
4. You can have the same smaller groups each month or different smaller groups each month.
5. The small group leader will ask one person to be the leader of each smaller group to moderate the discussions.
6. The MAIN THING is to do whatever is most COMFORTABLE for each
 person.
