



UNITY TABLE

QUICK START GUIDE

1

PREPARE A GREAT ENVIRONMENT

Excerpts from [THE UNITY TABLE PARTNER'S TRAINING GUIDE](#)

Setting the table requires work. If we want to have a great experience, we need to do some work ahead of time to prepare our hearts, our minds, and even the physical environment for a great conversation.

- Prepare your heart for the conversation.
- When dining out, split the tab.
- Prepare your mind for the conversation.
- Recognize that it is a process and will take time to build relationships.
- Recognize the experience will not be easy and will take courage.
- Listen first to gain the right to be heard.
- Remove distractions.
- Remember the goal. Be prepared to give and receive grace.
- Find common ground.
- Educate yourself to be supportive not defensive.
- Set a specific time to begin and end.
- Be thoughtful of the words you use.
- Be patient when others are speaking.
- Give others the benefit of the doubt.
- Be sure to give everyone the opportunity to share.

2

BREAK THE ICE

Here are some different ideas to break the ice:

- <https://blog.hubspot.com/marketing/ice-breaker-games>
- <https://event-blog.pathable.com/10-cool-not-cheesy-ice-breaker-games-your-attendees-will-enjoy/>
- <https://www.fastcompany.com/90393951/8-office-icebreakers-that-wont-make-you-cringe>
- <https://www.sessionlab.com/blog/icebreaker-games/>
- <https://www.signupgenius.com/groups/getting-to-know-you-questions.cfm>
- <https://conversationstartersworld.com/questions-to-get-to-know-someone/>
- <https://www.forbes.com/sites/darrahbrustein/2017/11/19/the-55-best-questions-to-ask-to-break-the-ice-and-really-get-to-know-someone/#54278a433ca1>



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3

DIG IN!

Excerpts from [THE UNITY TABLE PARTNER'S TRAINING GUIDE](#)

Don't feel pressure to answer all the questions. Follow a pace that works for your group.

- Share an experience of racism.
- As a child, what experiences, conversations, or people shaped your view on race?
- What other experiences have shaped your understanding of race in America?
- Do you feel pessimistic or optimistic about the direction of our country right now and why?
- What things are important to you and your family right now?
- What kinds of things make you uncomfortable with talking about race and reconciliation?
- What types of things have you read or seen that has helped you understand the need for racial reconciliation?
- What grieves you the most about the division that exists in churches in America today?
What do you think we should do about it?