

UUCR Small Group Ministry Session Plan
March: Vocation

May your time together deepen your connections – mind, heart and spirit! -Rev. Rebekah

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS (by Albert F. Ciarcia)

*Whatever the need that brings you to this special place and hour,
know most surely that it is best served through eager receptivity of mind and heart.
If it be to take a firmer step toward the lifting horizon of high thought; if it be a desire to give
assistance to feelings that should range and are true;
if it be to challenge the way of your life;
if it be to find your place as part of a caring and serving community;
-- then let your mind consider well what is here thoughtfully given,
then let your heart accept freely what is here lovingly shared.*

CHECK-IN

READINGS

Vocations which we wanted to pursue, but didn't, bleed, like colors,
on the whole of our existence. ~*Honore de Balzac*

*Tell me, what is it you plan to do
with your one wild and precious life. ~Mary Oliver*

“A vocation that is not mine, no matter how externally valued, does violence to the self...”
~*Parker J. Palmer*

Each man has his own vocation; his talent is his call. There is one direction in which all space is
open to him. ~*Ralph Waldo Emerson*

The minute you begin to do what you really want to do, it's really a different kind of life.
~*Buckminster Fuller*

The price one pays for pursuing any profession, or calling,
is an immediate knowledge of its ugly side. ~*James Baldwin*

The secret of long life is double careers. One to about age sixty, then another for the next thirty
years. ~*David Ogilvy*

Happiness is a byproduct of function, purpose, and conflict;
those who seek happiness for itself seek victory without war. ~William S. Burroughs

My ultimate vocation in life is to be an irritant. ~Elvis Costello

To hunger for use and to go unused is the worst hunger of all. ~Lyndon B. Johnson

MOMENT OF SILENT REFLECTION

QUESTIONS and REQUESTS (Please respond to any of the questions and readings you feel moved by. It is not necessary to respond to all of them.)

- ❖ How do you find a sense(s) of vocation in your life? Is it your job, profession, family/community role or something else?
- ❖ Of these readings, which one(s) spoke to where you are feeling today?
- ❖ What speaks to your understanding as a Unitarian Universalist?
- ❖ Some of these insights point to the struggle inherent in vocations. What has been your greatest challenge or hardship in seeking, connecting to or staying with your vocation?
- ❖ What would you like our children and youth to know about vocation? What would you have like to have heard as a child yourself?

SHARING (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

MOMENT OF SILENT GRATITUDE

LIKES (celebrations, gratitudes, appreciations for needs met) and WISHES (mournings, requests, acknowledgements of needs not met)

CHECK-OUT (a few words or phrases from each who wants to share)

CLOSING WORDS

*Blessed is the path on which you travel.
Blessed is the body that carries you upon it.
Blessed is your heart that has heard the call.
Blessed is your mind that discerns the way.
Blessed is the gift that you will receive by going.
Truly blessed is the gift that you will become on the journey.
May you go forth in peace.*

EXTINGUISH THE CHALICE OR CANDLE