

**UUCR Small Group Ministry Session Plan September 2017**  
**DEPTH**

*May your time together be meaningful and full of warm connection! -Rev. Rebekah*

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS: *IT IS GOOD TO BE TOGETHER*

With thankful hearts we have come together to celebrate the bounty of the day,  
to bask in the warmth of this community, to share with friends the tides of our lives,  
to entertain, perennially, our hopes for a better future.

We join together to resist injustice and inequality, wherever they may be found.

Our hearts are touched by the human need we feel around us,  
whether far away or within reach of our hand.

We come here, to be together, because this is how we believe our lives are best lived:  
in questioning and in conversation, in compassion and in service,  
in gratitude and in joy, in companionship, and in love.

It is good to be together.

CHECK-IN

READINGS

“It is not length of life, but depth of life.” Ralph Waldo Emerson

“The depth and strength of a human character are defined by its moral reserves. People reveal themselves completely only when they are thrown out of the customary conditions of their life, for only then do they have to fall back on their reserves.” ~Leonardo da Vinci

O God of many names, the personal and mysterious,  
We have come to a quiet time, an interior place,  
a place for the deepening of spirit, the enrichment of soul.  
Let us have the courage to sit in the unknowing,  
To look for the answers even if they are to sit with our own questions,  
To be willing to be authentic with ourselves,  
To be ready to bring our face to the world.  
Let us sit in that quiet depth.  
~Rev. Katie Kandarian-Morris

“You can't do anything about the length of your life, but you can do something about its width and depth”  
~Henry Louis Mencken

“Someone who has experienced trauma also has gifts to offer all of us - in their depth, their knowledge of our universal vulnerability, and their experience of the power of compassion.” ~Sharon Salzberg

“The human spirit is not dead. It lives on in secret... It has come to be believed that compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and does not limit itself to mankind.” ~Albert Schweitzer

“Out of the depths I cry: Who will hear my voice?  
Out of the pain I cry: Who will make space for my living and my dying?  
Out of the years I cry: Who will remember? Who will remember?  
My soul awaits: *More than those who watch for the morning.*  
*More than those who watch for the morning.*”  
~Rev. Marjorie Bowens-Wheatley, inspired by Psalm 130 and Maya Angelou

“Science urges us to occupy by our mind the immensity of the knowable world;  
our spiritual teacher enjoins us to comprehend by our soul the infinite Spirit which is in the depth of the moving and changing facts of the world;  
the urging of our artistic nature is to realize the manifestation of personality in the world of appearance, the reality of existence which is in harmony with the real within us.” ~Rabindranath Tagore

### 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.)

1. What spoke to you from the readings?
2. Do any of the readings connect to your understanding of your faith or being UU?
3. Depth in these quotes often points to both mystery and secrets, to brokenness and a deep well of resilience. How do you connect with “depth”?
4. What wisdom comes depth as a spiritual concept?
6. How would you like the children of this congregation, our faith tradition and our community to explore depth as a shared value?

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 by Rev. Eric Williams

*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