

UUCR Small Group Ministry Session Plan
November: COURAGE

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

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS (by Rev. Lawrence McGinty)

To this house we come bringing our boldest dreams—seeking here the inspiration and strength to make them be! To this house we come hoping to bury broken dreams, to be sustained through their pain and to discover new ones amidst their tears. We come here lonely, isolated from meaningful human contact, searching for warmth and closeness and care. Needing to grow beyond plateaus of the commonplace, we seek here challenges and commitments productive of greater wholeness and deeper meanings.

Strange place, this house—here we cry, sing, laugh, hurt, dance, touch, survive, celebrate, grow, search, doubt, hope, rejoice, pray, trust, care, learn, think, wonder, be, become! Yes, this day, to this house we come.

CHECK-IN

READING: A WEB OF HOLY RELATIONSHIPS By Rev. Lyn Cox

Spirit of Life,
Who draws us together in a web of holy relationships,
Make your presence known with us and in us and among us.

Remind us that we are not alone in history,
Ignite us with the courage of the living tradition.
Remind us that we are not alone in entering the future,
Anchor us with patience and perseverance.
Remind us that we are not alone in our times of grief and pain,
Comfort us with your spirit, manifest in human hands and voices.
Remind us that we are not alone in joy and wonder,
Inspire us to honor and extend the beauty we find in this world.

Divine music of the universe,
Let our hearts beat in diverse and harmonious rhythms,
Cooperating with an everlasting dance of love.
May we move with the rhythms of peace.
May we move with the rhythms of compassion.
May we move with the rhythms of justice.

Source of stars and planets and water and land
Open our hearts to all of our neighbors
Open our souls to a renewal of faith
Open our hands to join together in the work ahead.

So be it, blessed be, amen.

MOMENT OF SILENT REFLECTION

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

- ❖ Rev. Cox prays that we be ignited “with the courage of the living tradition”. What does this mean in your life? How do you conceive of our “living tradition”?
- ❖ How does “courage” relate to community as a spiritual principle?
- ❖ If you were to ignite courage in your life right now, what would you do differently? What is ONE thing you can do with courage right now, tomorrow, this week?
- ❖ We speak of courage often when doing the work of justice. How does courage speak to making and keeping peace? To humility?
- ❖ Where do you turn when your courage wanes?
- ❖ How do you see and feel the sacred and holy in “courage”?
- ❖ What would you like our children and youth to know about “courage”? 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 (by Rev. Rebekah)

*Spirit of Life, Spirit of Love,
We have gathered under the banner of a shared faith.
We are born of a welcoming grace that extends and receives love;
we are touched by the ways we have fallen short of who we strive to be;
and we here we reborn — forged by a greater courage.
Let us move from this place,
Encouraged and refreshed for the journey ahead.*

EXTINGUISH THE CHALICE OR CANDLE