

UUCR Small Group Ministry Session Plan
January 2018: DISCOVERY

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

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS (by Rev. Sue Ayer)

Spirit of life and love, we have gathered here in search of answers to hard questions. We have come in search of understanding, in search of community. We have come in search of hope and healing. Let this be a place not only of searching, but of discovery. Let this be a place of learning, but of wisdom. Let this be a place not only of meeting, but of connection. And let this be a place where healing fosters giving and hope fosters service. This is our prayer: that we may create here a circle of love, ever expanding, ever growing, as we seek to know you, the source of our being. Amen and blessed be.

CHECK-IN

READINGS:

“The greatest discovery of all time is that a person can change his future by merely changing his attitude.” ~Oprah Winfrey

“To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.”
~ Henri Bergson

“In spiritual life there is no room for compromise.
Awakening is not negotiable; we cannot bargain to hold on to things that please us while relinquishing things that do not matter to us. A lukewarm yearning for awakening is not enough to sustain us through the difficulties involved in letting go.
It is important to understand that anything that can be lost was never truly ours, anything that we deeply cling to only imprisons us.”
~ Jack Kornfield

“Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are.” ~ Bernice Johnson Reagon

“Be patient toward all that is unsolved in your heart and try to love the questions themselves like locked rooms and like books that are written in a very foreign tongue.
Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything.
Live the questions now. Perhaps you will find them gradually, without noticing it, and live along some distant day into the answer.”
~ Rainer Maria Rilke

“I embrace emerging experience, I participate in discovery. I am a butterfly. I am not a butterfly collector. I want the experience of the butterfly.”

~ William Stafford

“You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things.” ~Nate Berkus

“Begin challenging your own assumptions. Your assumptions are your windows on the world. Scrub them off every once in awhile, or the light won't come in.”

~ Alan Alda

“Love yourself and be awake today, tomorrow, always.

First establish yourself in the way, then teach others, and so defeat sorrow.

To straighten the crooked you must first do the harder thing—straighten yourself.

You are the only master. Who else? Subdue yourself and discover your master.”

~ Buddha

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.)

- ❖ The process of “discovery” in these quotes is often a form of awakening. How have you experienced an awakening, discovering new parts of yourself? This community? The world?
- ❖ How is “discovery” challenging, uncomfortable or scary?
- ❖ How does “discovery” relate to community as a spiritual principle? How do you see and feel the sacred and holy in “discovery”?
- ❖ If you were to ignite “discovery” in your life right now, what would you do differently?

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 Israel Buffardi)

*My friends, when you go from here know that our hearts are always in a holy place,
for we are always connected to one another.*

Know that deep down, our hearts beat in one universal rhythm.

May we each find the sacred space to hear it.

EXTINGUISH THE CHALICE OR CANDLE