

UUCR Small Group Ministry Session Plan  
June 2018: Practice Courageous Love

*It is good to be together – companionship is the heartbeat of our community. May your time of gathering be blessed! -Rev. Rebekah*

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS (by Rev. Laura Horton-Ludwig, adapted)

*Spirit of Life and Love,  
we are here because we believe what we do matters.  
We are here because we believe how we live our life matters.  
That with every act of kindness or meanness, courage or fear, love or hate,  
we are weaving the fabric of the universe that holds us all.  
We are here because none of us is perfect, but together we inspire one another.  
To try again. To take another step.  
We are here because we have felt the stirrings of love and grace  
in our hearts and hands and we crave more of that,  
for ourselves and not only for ourselves: for everyone!  
We are here because how we live matters.  
Blessed be.*

CHECK-IN

READINGS:

“It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done.” ~ Vincent Van Gogh

**“Every unselfish act of love whispers God's name.” ~Bob Goff, author**

“...It takes strength to love. It takes courage to be loved. It takes strength to survive. It takes courage to live.” ~ author unknown

**“Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses.” ~Ann Landers**

“By becoming the answer to someone’s prayer, we often find the answers to our own.”  
~Dieter F. Uchtdorf

*“I slept and dreamt that life was joy. I awoke and saw that life was service.  
I acted and behold, service was joy.” ~ Rabindranath Tagore*

“Someone called me a "bleeding heart liberal." It was not intended as a compliment. However, I will always consider it one of the biggest compliments of my life.

My heart bleeds for the underdog.

My heart fights for those who can't fight.

My heart rejoices in seeing others overcome adversity.

My heart desires love and peace for everyone.

My heart is compassionate and empathetic.

My heart sees pain in others and wants to help.

My heart believes in equality.

My heart sees the good in people.

My heart chooses action over fear.” ~ Sara Sutherland Dean, UU lay leader

“Selfless service alone gives the needed strength and courage to awaken the sleeping humanity in one’s heart.” ~Sai Baba

## 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.)

- ❖ How does practicing courageous love appear in your life and relationships?
- ❖ Share a time when someone offered you courageous love. What has stayed with you?
- ❖ How is practicing courageous love spiritually challenging? What makes it so hard?
- ❖ Where is the sacred in practicing courageous love?
- ❖ What would you teach our children about courageous love?

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. Becca Reynolds)

*May love permeate your every heartbeat  
May faith guide your every step  
May truth and compassion be your Eternal travelling companions  
And may a deep, abiding Spirit rest joyously  
In your every waking wish  
And your every resting dream.*

## EXTINGUISH THE CHALICE OR CANDLE