

UUCR Small Group Ministry Session Plan
April 2019: CONFESSION

Companionship is the heartbeat of our community – the praxis that makes our Covenant come alive and made Real in the world. May your time of Heart be blessed! -Rev. Rebekah

CHALICE & CANDLE LIGHTING
MOMENT OF SILENCE

OPENING WORDS By Rev. Burton Carley, (adapted)

We gather on this day to reflect in spirit and truth; to raise a joyful noise to the Eternal
Mystery; to reconfirm our covenant to seek wisdom in love; to strengthen our
commitment to the common good.

We come from many paths to explore that which is hidden; to consider the ways of our
hearts; to confess how we have stumbled; to heal what is broken.

We assemble in the effort to quicken our compassion and mercy; to deepen our
understanding; to renew our courage; to remember who we are.

Thus do we celebrate the grace and gift of life and practice our faith, to the greater
glory of the Spirit of Life.

CHECK-IN

READINGS & Questions for Reflection (Feel free to respond to some or all, as the
spirit moves):

“Concealment makes the soul a swamp. Confession is how you drain it.” ~Charles M.
Blow

Quiet One by Eden Quinn

I was born with a voice and *still*, I can't make a noise.

It is my fault that I am *still* rubbing salt into the wound, getting quieter and *quieter* with
every day that passes. Which is why, I am now lying in my bed at 12:23 AM feeling the
light of my laptop *burning* through my eyes.

Being quiet; *leaves me* with *so much* on my mind, with things *left unspoken, left unexpressed,*
left unuttered. I am not mute *but I am* and that is why I write.

To confess that I am *indeed* imperfect.

**“People do not seem to realize that their opinion of the world is also a confession
of character.” ~Ralph Waldo Emerson**

“Revenge is a confession of pain.” ~ Anon.

“Anyone can possess, anyone can profess, but it is an altogether different thing to confess.” ~Shannon Alder

Unitarian Universalist Confession By Mary Edes, (adapted)

Here we are gathered, Humanist, and Christian, Non-theist, Buddhist, and Jew, Pagan, and Seeker—a Unitarian Universalist congregation. Let us confess what we know to be true.

We are quick to proclaim our faith, but slow to live the teachings of that faith as it has been handed down to us, across every generation—from prophets, preachers, and sages, scientists, historians, and poets, great thinkers of every age, from ordinary people who would have us understand what it is to be, and what it is to love the neighbor.

We are quick to judge one another, but slow to act for justice, equity and compassion in human relations. We are quick to ignore or smooth over broken places among us, too fearful to work for peace and healing. We are quick to share our knowledge, but slow to temper that knowledge with the love and wisdom that leads us always closer to the truth.

In small and large ways we are overwhelmed by all we cannot do.

For all the times we fail to affirm and promote the inherent worth and dignity of every person, when we do not affirm and promote the goal of a world community with peace, liberty, and justice for all, when we live as though interdependence were a personal choice and not a fact of our existence, we ask forgiveness of one another and we vow to begin again, in this and every moment.

Questions to Ponder: Confess... confession... what shall you Confess that is on your heart?

MOMENT OF SILENT REFLECTION

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. Tet Gallardo

We love as is our habit. We love with eyes open. We love with hearts on fire. We love with souls connecting. We love as we were made to do. We love. We love because there is me and you.

EXTINGUISH THE CHALICE OR CANDLE