**Small Group Ministry**

**Starr King Unitarian Universalist Church**

March 3, 2015 By Heidi Green

**Welcoming** (3 min) Heidi & Doug

**Opening Reading/Chalice Lighting** (1 min) Heidi

We need one another when we mourn and would be comforted…when we are in trouble and afraid…when we are in despair, in temptation, and need to be recalled to our best selves again. We need one another when we would accomplish some great purpose, and cannot do it alone…in the hour of our successes, when we look for someone to share our triumphs…in the hour of our defeat when with encouragement we might endure and stand again. We need one another when we come to die, and would have gentle hands prepare us for the journey. All our lives we are in need, and others are in need of us.

*-George Odell*

**Silent Reflection** (1 min) Doug

**Personal Sharing** (15 min) Doug

*30 seconds of silence to gather our thoughts.*

A time to check in for a few moments, to express and then set aside what we carry from our day so that we can be together in mind, body, and spirit.

**Follow-Up Conversation** (5 min) Doug

**Selecting Our Service Project** (10 min) Heidi & Doug

1)  Presenting a workshop to SKUUCH on "Dealing with Failing Partners and Other Family Members."

2)  Coordinate the creation of a SKUUCH lending library.

3)  Adopt a family through FESCO.

4)  Arrange play dates with Bill Schwab so Marge can get out on her own, and we can all have time with Bill.

5)  Identify an area that we want to clean up, and go pick up trash.

**Break** (10 min)

There are four more sessions after the ones already selected and we need to identify the topics. Put your dot next to four of the topics on the list (or add a topic). It’s okay to vote for a topic more than once if you really want it.

Family

Letting go

Mindfulness

Rituals

Personal growth / self-care

Relationships

Creativity

Empathy

Nature

Asking for help

Atheism

Hanging on or giving to Duty

Friendship

Generosity

Making time count

Money

Music

A perfect day

The 7 principles in our lives

**Hard Times / Difficult Emotions** (35 min) Heidi

We have been together for six months now, and we have had some deep conversations.  Tonight is an opportunity to go even deeper and share what is really troubling you or difficult to talk about.

*30 seconds of silence to gather our thoughts.*

Questions for group reflection:

* Is there something you are angry about?
* Someone or something you feel judgmental toward?
* Feel regret about or embarrassed by?
* Jealous of?
* Are you frustrated by something in your life, or maybe everything?
* Are you lonely or bored? Fearful? Anxious?

It may be something you are currently going through, whether acute or chronic, or it may be something from your past that you never really got to talk through.

**Follow-Up Conversation** (20 min) Heidi

What more do you want to know?

**Next Up** (3 min)

Upcoming topics: 3/17 – Hospitality 4/7 – April Fools

**Closing Reading** (2 min) Everyone, with thanks to The Hollies

The road is long  
With many a winding turn  
That leads us to who knows where  
Who knows when  
But I'm strong  
Strong enough to carry him  
He ain't heavy, he's my brother  
  
So on we go  
His welfare is of my concern  
No burden is he to bear  
We'll get there  
For I know  
He would not encumber me  
He ain't heavy, he's my brother  
  
If I'm laden at all  
I'm laden with sadness  
That everyone's heart  
Isn't filled with the gladness  
Of love for one another  
  
It's a long, long road  
From which there is no return  
While we're on the way to there  
Why not share  
And the load  
Doesn't weigh me down at all  
He ain't heavy, he's my brother  
  
He's my brother  
He ain't heavy, he's my brother…