**Small Group Ministry**

**Starr King Unitarian Universalist Church**

February 17, 2015 By Heidi Green

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

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

*“Voluntary simplicity involves both inner and outer condition. It means singleness of purpose, sincerity and honesty within, as well as avoidance of exterior clutter, of many possessions irrelevant for the chief purpose of life. It means an ordering and guiding of our energy and our desires, a partial restraint in some directions in order to secure greater abundance of life in other directions. It involves a deliberate organization of life for a purpose. Of course, as different people have different purposes in life, what is relevant to the purpose of one person might not be relevant to the purpose of another… The degree of simplification is a matter for each individual to settle for themselves.”*

*- from Richard Gregg quoted in Voluntary Simplicity by Duane Elgin)*

**Silent Reflection** (1 min.) Doug

**Personal Sharing** (25 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** (15 min) Doug

What more do you want to know?

**Service Project** (15 min.) Heidi & Doug

**Break** (5 min.)

**Living Simply** (25 min) Heidi

When we are listening:  Try to listen to each other as if you were listening to, or watching, your own thoughts. Let others’ words simply fall down into your heart.  By simply listening together we create a holding space for each speaker’s inner wisdom to emerge. Practice silence after a person has spoken, to honor their “inner teacher.”

*30 seconds of silence to gather our thoughts.*

Consider some or all of the following in preparation for talking about the topic:

1. What is your definition of living simply?
2. Is that how you live your life?
3. Would you like to simplify your life further?
4. Does “simple living” conjure thoughts of self-denial or of more harmonious living? Or both?
5. What are the demands in your life that keep you busy?
6. What is one thing you would be willing to give up to make your life simpler?

**Follow-Up Conversation** (15 min) Heidi

What more do you want to know?

**Next Up** (3 min) Doug / Heidi

Upcoming topics: 3/3 – Hard Times

3/17 – Hospitality

4/7 – April Fools

**Closing Reading** (2 min.) Everyone

Slow down, you move too fast, you got to make the morning last, just, kickin’ down the cobblestones, lookin’ for fun and feelin’ groovy. Feelin’ groovy. La-dada-da-da-da-da feelin’ groovy.

*-Simon and Garfunkle*