**Small Group Ministry**

**Starr King Unitarian Universalist Church**

January 20, 2015 By Heidi Green

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

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

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

**Personal Sharing** (35 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?

**Break** (5 min.)

**Spirituality Or What?** (35 min) Heidi

*30 seconds of silence to gather our thoughts.*

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

1. What does spirituality mean to you / in your life?
2. How would you describe the guiding principles or forces in your life?
3. What unanswered spiritual, religious, or value related questions do you have?
4. What transitions do you anticipate might occur in the future in your spiritual, religious, or value related practices and beliefs?

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

What more do you want to know?

**Errata** (3 min) Doug / Heidi

 Upcoming topics: 2/3 – Courage and risk-taking

 2/17 – Living simply

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

**Opening Words**

Each of us brings a separate truth here,

We bring the truth of our own life, our own story.

We do not come as empty vessels. . .

But rather we come as full people—

people who have our own story and our own truth.

We seek to add to our truths and add to our stories.

This room is rich with truth, rich with experience.

All manner of people are here: needy. . . joyful. . . frightened. . . anxious. . . bored. . .

we all bring our truth with us.

May we all recognize the truth and the story in everyone’s life.

And may we hear and honor the truths that we all bring as we gather together.

Together we have truths.

Together we have a story.

Together we are a community.

*-Penny Hackett-Evans*

**UU Sources of Faith**

1)  Direct experience of the transcending mystery and wonder, affirmed in all cultures, that moves us to a renewal of the spirit and an openness to the forces which create and uphold life

2)  Words and deeds of prophetic women and men that challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love

3)  Wisdom from the world's religions that inspires us in our ethical and spiritual life

4)  Jewish and Christian teachings that call us to respond to God's love by loving our neighbors as ourselves

5)  Humanist teachings that counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit

6)  Spiritual teachings of earth-centered traditions that celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature

**Closing Words**

And now we take our leave. Before we gather here again, may each of us bring happiness to another’s life; may we each be surprised by the gifts that surround us; may we each be enlivened by constant curiosity; and may we remain together in spirit ‘til the hour we meet again.

*-Barbara Cheatham*