

## For You

The sum of all known reverence I add up in you,  
whoever you are;

*Those who govern are there for you ,it is not you who  
are there for them;*

All architecture is what you do to it when you look upon  
it;

*All music is what awakes from you when you are  
reminded by the instruments.*

The sun and stars that float in the open air; the apple-  
shaped earth and we upon it;

*The endless pride and outstretching of people;  
unspeakable joys and sorrows;*

The wonder everyone sees in everyone else they see, and  
the wonders that fill each minute of time forever;

*It is not for you whoever you are—it is no farther from  
you than your hearing and sight are from you; it is  
hinted by nearest, commonest, readiest.*

We consider bibles and religions divine—I do not say  
they are not divine; I say they have all grown out of you,  
and may grow out of you still;

*It is not they who give the life—it is you who give the  
life.*

Will you seek afar off? You surely come back at last, in  
things best known to you, finding the best, or as good as  
the best —

*Happiness, knowledge, not in another place, but this  
place—not for another hour, but this hour.*



**SMALL GROUP MINISTRY**  
FIRST UNITARIAN CHURCH  
OF SAN JOSE

## Radical Affirmation

There is a tendency for people to become the way they are treated  
as being.

- Peter G. Ossorio

The gifts of caring, attention, affection, appreciation, and love are  
some of the most precious gifts you can give, and they don't cost  
you anything. ... Make a decision to give wherever you go, to  
whomever you see. As long as you're giving, you will be  
receiving.

- Deepak Chopra

**Preliminaries** Ask for volunteers to light the chalice and read the opening.

**Opening /  
Chalice  
Lighting**  
- Annie  
Dillard,  
Hymnal #420

We are here to abet creation  
and to witness to it,  
to notice each other's beautiful  
face and complex nature  
so that creation need not play to  
an empty house..

**Check-in** Take a minute or two to share briefly the high point or low point of your life since the time we last met.

**Responsive  
Reading**  
- Walt  
Whitman,  
Hymnal #659

The reading is on the last page.

Divide the group in half. One half will read the words in regular type and the other will read the words in italics.

**Sitting in  
Silence**

**Sharing/ Deep  
Listening**

**Discussion** This is a time to respond briefly to something another person said or to relate additional thoughts that may have occurred as others shared.

**Singing**  
Hymnal #402

From you I receive,  
To you I give,  
Together we share,  
And from this we live.  
(Repeat)

**Closing /  
Extinguishing the  
Chalice**  
- Debbie Ford, *The  
Dark Side of the  
Light Chasers*

Join hands or link arms as you read these closing words together:

Not only is it okay to say nice things about ourselves,  
it's imperative.  
We must recognize our gifts and talents.  
We must learn to appreciate and honor  
all that we do well.  
We must search out our uniquenesses. ...  
In order to authentically love ourselves  
we have to embrace all of who we are,  
not just the dark  
but the light as well.  
And learning to recognize our own talents  
allows us to appreciate and love  
everyone else's unique gifts.