



SMALL GROUP MINISTRY  
FIRST UNITARIAN CHURCH OF  
SAN JOSE

## Passage Meditation

In today's speeded-up ways of working and living, slowing down is an important spiritual discipline. In the modern world we are conditioned to live faster and faster with no time for inner reflection or sensitivity to others. We are only beginning to see that speed makes our lives tense, insecure, inefficient, and superficial.

- Eknath Easwaran

**Preliminaries** Announcements, opening reading, chalice lighting, If anyone has not memorized a passage, ask them to choose one.

**Opening / Chalice Lighting**  
- Andrew C. Backus  
May this flame be  
as the light of wisdom  
in our minds,  
and as the warmth  
of love  
in our hearts.

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

**Reading** When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place. – Sri Krishna (Bhagavad Gita)

**Meditation** Meditate for 10 minutes on your chosen passage.

**Sharing/Deep Listening** Questions for the sharing:

- What passage did you choose?
- Why did you choose the reading you chose?
- Describe how it felt to do the meditation. Did you notice any changes in your life?
- If you had trouble with this assignment, tell about it.

**Feedback** After all have shared, you may wish to acknowledge one another in a very brief response. For example: “I was touched when you described ...” or “I really felt connected with you when you said ...” or “When you said, I remembered something that happened to me, too ...”

**Singing**  
- Hymnal #352  
Find a stillness, hold a stillness, let the stillness carry me.  
Find a stillness, hold a stillness, let the stillness carry me.  
In the spirit, by the spirit, with the spirit,  
giving power,  
I will find true harmony.

Seek the essence, hold the essence, let the essence carry me.  
Let me flower, help me flower, with me flower, carry me.  
In the spirit, by the spirit, with the spirit,  
giving power,  
I will find true harmony.

**Closing / Extinguishing the Chalice**  
- Susan L. Van Dreser  
Join hand or link arms as you say the closing words together:

In the moments  
when Word is silence  
give yourself to it in wholeness  
and wait.  
Let the knowing of this primal sound  
carry you into circles where sound itself --  
where silence itself -- becomes new  
and the new a song you sing  
from your bones.

