The important thing is this: to be able at any moment to sacrifice what we are for what we could become.
- *Charles DuBois*

The world is round and the place which may seem like the end may also be the beginning.
- *Ivy Baker Priest*

There is a certain relief in change, even though it be from bad to worse! As I have often found travelling in a stagecoach, that it is often a comfort to shift one's position, and be bruised in a new place.
- *Washington Irving*

Just because everything is different doesn't mean everything has changed.
- *Irene Peter*

SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH
OF SAN JOSE

After the Catastrophe

Deep unspeakable suffering may well be called a baptism, a regeneration, the initiation into a new state.
- *George Eliot*

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our own discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.
- *M. Scott Peck*

Freedom's just another word for nothin' left to lose.
- *Kris Kristofferson*

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Preliminaries

Announcements, getting volunteers for the chalice lighting and readings

Opening / Chalice Lighting
- Bets Weinecke

May this flame, symbol of transformation since time began, fire our curiosity, strengthen our wills, and sustain our courage as we seek what is good within and around us.

Check-in

Share a sentence or two about the high and low points in your life since we last met.

Responsive Reading
- Rabindranath Tagore

Let me not pray to be sheltered from dangers,
But to be fearless in facing them.
Let me now beg for the stilling of my pain,
But for the heart to conquer it.
Let me not look for allies in life's battlefield,
But to my own strength.
Let me not crave in anxious fear to be saved,
But hope for the patience to win my freedom.
Grant me that I may not be a coward, feeling your mercy in my success alone,
But let me find the grasp of your hand in mine in my failure.

Sitting in Silence

Sharing/ Deep Listening

Please share your thoughts from the preparation.

Singing
-- Voice still and small
(Hymnal #391)

Voice still and small,
Deep inside all,
I hear you call,
Singing.
In storm and rain,
Sorrow and pain,
Still we'll remain
Singing.
Calming my fears,
Quenching my tears,
Through all the years,
Singing.

Discussion

This is a time to supportively reflect on the thoughts and ideas that you have shared.

Closing
- Elaine Gallagher Gehrmann

Walk softly.
Speak truthfully.
Love gently.
Breathe deeply.
Live wisely.
Go in peace.

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