



SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH
OF SAN JOSE

Unsent Mail

“The most precious gift we can offer others is our presence”

- Thich N’hat Hanh

“The body is a house of many windows: there we all sit, showing ourselves and crying on the passers-by to come and love us.” -Robert Louis Stevenson, writer (1850-1894)

“I create my own prisons. No one else is putting these walls around me.” -- Michelle

Preliminaries *Announce upcoming church events; get volunteers to light chalice and do reading.*

Opening / Chalice Lighting
- -James Howell, writer
Words are the soul's ambassadors, who go
Abroad upon her errands to and fro.

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

Reading
"Undelivered Mail" by Rhina P. Espaillat from *Playing at Stillness*.
(read round the circle)
Dear Daughter,
Your father and I wish to commend you
on the wisdom of your choices
and the flawless conduct of your life
Dear Poet!
Where is the full-length manuscript
you promised us? Your check is waiting
The presses are ready
and the bookstores are clamoring for delivery

Darling,
This convention is tedious
beyond belief: the hotel is swarming
with disgustingly overexposed women
far too young to have dignity
or any minds at all

Dear Patient:
The results of your blood tests reveal
that your problem stems from
a diet dangerously low
in pizza and chocolate

Dear Mom,
You were right about everything
and I was an idiot not to listen

Sharing/ Deep Listening Tell us which letter appeals to you and why.

Silence Take some time to think about letters you would like to write or letters you would like to receive. There is stationery for you to write letters to yourself or to others

Discussion *Now is a time to discuss how it felt to write these letters, and any insights gained. You needn't share the contents of the letter you wrote.*

Singing
Hymnal #184
Be ye lamps unto yourselves,
be your own confidence,
hold to the truth within yourselves,
as to the only lamp.
(repeat if desired)

Extinguishing the Chalice
- Rev. Jay E. Abernathy, Jr
(Join hands or link arms and read together.)
Now may you go at peace with your neighbors,
In love even with the strangers about you,
And confident of your gifts to all.