

Let there be a quiet time among us.

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Spirit of life, in us and around us, here is our chance
-- once again -- to live like we wish the world
would live.

May we find within ourselves the courage to be who
we are.

May we know when it is time to listen and when it is
time to speak.

May we trust ourselves to be the ones to find the
words that need to be said or to do what needs to
be done.

May we trust one another and know there are many
ways to go through life.

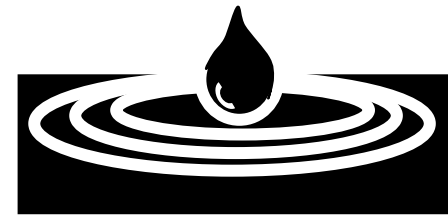
May we know that though we cannot change some of
what life gives to us, we can choose how we deal
with what we are given.

We are coming into our power, and together we can
make possible justice and love.

We are all connected; we depend upon one another
more than we know.

We are one body.

So be it. Blessed be. Amen.



SMALL GROUP MINISTRY
FIRST UNITARIAN CHURCH OF
SAN JOSÉ

Where would you be without UU?

“A person will worship something, have no doubt about that. We may think our tribute is paid in secret in the dark recesses of our hearts, but it will out. That which dominates our imaginations and our thoughts will determine our lives, and our character. Therefore, it behooves us to be careful what we worship, for what we are worshipping we are becoming..”

– Ralph Waldo Emerson

“Some beliefs are like walled gardens. They encourage exclusiveness, and the feeling of being especially privileged. Other beliefs are expansive and lead the way into wider and deeper sympathies.”

– Sophia Lyon Fahs

Preliminaries Announcements, chalice lighter, opening reading, closing reading.

Opening/ Chalice Lighting
-- Elizabeth M. Strong
Blessed be the flower that triumphs at last
Our Unitarian heritage bids us light our chalice
In the name of freedom,
In the light of reason,
In actions of tolerance.
We gather in community to celebrate a heritage of freedom, reason, and tolerance.

Our Universalist heritage bids us light our chalice
In the name of faith,
In the light of hope,
In actions of love.
We gather in community to celebrate a heritage of faith, hope, and love.

Let us bring this Unitarian Universalist heritage into our world and our lives today.

Centering practice Leader follows practice in leader notes

Check-in Take a minute or two to share a high or low point since we last met.

Meditation
-- Barbara Hamilton-Holway
Read the meditation on the back cover around the circle.

Sitting in Silence

Sharing/Deep Listening Deeply listening, without response or thought of response at this time, is the gift we give and receive as we share our thoughts on the preparation for this session

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

Singing “This Is My Song”
-- Lloyd Stone
Hymnal #159
This is my song, O God of all the nations,
A song of peace for lands afar and mine.
This is my home, the country where my heart is;
Here are my hopes, my dreams, my holy shrine;
But other hearts in other lands are beating
With hopes and dreams as true and high as mine.

My country’s skies are bluer than the ocean,
And sunlight beams on cloverleaf and pine;
But other lands have sunlight too, and clover,
And skies are everywhere as blue as mine.
O hear my song, thou God of all the nations,
A song of peace for their land and for mine.

Closing/ Extinguishing the Chalice
-- Michael A. Schuler
If you are proud of this church, become its advocate.
If you are concerned for its future, share its message.
If its values resonate deep within you, give it a measure of your devotion.
This church cannot survive without your faith, your confidence, your enthusiasm.
Its destiny, the larger hope, rests in your hands.