



SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH
OF SAN JOSE

Boredom

I hate getting bored. ~*Edward Hall*

Are you bored with life? Then throw yourself into some work you believe in with all your heart, live for it, die for it, and you will find happiness that you had thought could never be yours. ~*Dale Carnegie*

Be bored and see where it takes you, because the imagination's dusty wilderness is worth crossing if you want to sculpt your soul. ~*Nancy Gibbs*

Preliminaries	<i>Announce upcoming church events; get a volunteer to light the chalice, and read the opening reading.</i>	Sharing/ Deep Listening	<i>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.</i>
Centering Practice	<i>See Leader Notes.</i>		
Opening / Chalice Lighting – Elena Westbrook (from UU WorshipWeb)	<p>Let every moment be a prayer. With every sip of trea, let your lips move in thanksgiving. Be fully present to every stroke of the hairbrush, every cup of milk you pour for the children. Be present, without judgement or regret, without plans or expectations, or even dreams, And every moment becomes a prayer.</p>	Discussion	<i>This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.</i>
Check-in	<i>Briefly share something that happened this week that contributes to your emotional temperature today.</i>	Singing - #184, Singing the Living Tradition	<p><i>Sing twice:</i></p> <p>Be ye lamps unto yourselves; Be your own confidence; Hold to the truth within yourselves As to the only lamp.</p>
Readings from the bowl	<i>Going around the circle, read the quotations drawn from the bowl.</i>	Extinguishing the Chalice –Susan L Van Dreser (from UU WorshipWeb)	<p>Let us sing the magic of imagination by which we know one another and learn the lives of eras gone by. Let us sing the magic of creation by which we build the world of our soul and teach its wisdom to others, young and old. Let us sing the magic of our lives together, holding and shaping by the movement of breath from heart to lung all new life that is to come. Go now with singing. Go now with magic in your fingertips. Touch this world with life.</p>
Sitting in Silence			