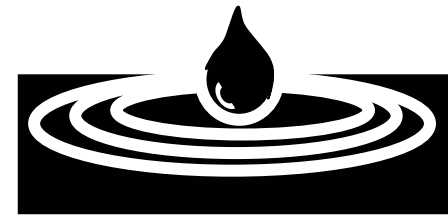


SMALL GROUP MINISTRY
FIRST UNITARIAN CHURCH OF
SAN JOSE

Member is Overwhelmed

“The healthy and strong individual is the one who asks for help when he needs it. Whether he’s got an abscess on his knee or in his soul.”
-- Rona Barrett

“When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.”
-- Harriet Beecher Stowe



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Preliminaries Opening reading, reading-round-the-circle.

Opening
-- Hymnal #447, Albert Schweitzer
At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Reading Round-the-Circle
(All but the affected member should read.)

Catastrophic Failure
It is not the last flake of snow that makes the roof collapse,
But the accumulation of one flake
After another
After another
After another.

It is not the last piece of straw that breaks the camel's back,
But the accumulation of one straw
After another
After another
After another.

If I collapse it will not be because
The baby was sick
Or the dog died
Or the car broke down.

I can handle
Job loss
Financial ruin
The death of someone close.

It will not be any one thing that makes me break,
But the accumulation of one thing
After another
After another
After another.

How close am I to one more
Than I can bear?

Sharing –Member The member will share the events that are causing him or her to feel overwhelmed, or the leader will read them.

Ritual The leader will take a small item from the member and pass it around the circle. Each member will hold it in their hands and share a word or phrase describing something they would like the overwhelmed person to have or to think about. When it has gone around the circle, give it back to the member.

Leader Reading We return this object to you with all of our love and concern. Keep it with you always, and when things feel too much, hold it and remind yourself of the strength you have in our group, the people who care, and those you can call on any time.

Closing / Extinguishing the Chalice
Hymnal #698
--Wayne B. Arnason
Take courage friends.
The way is often hard, the path is never clear
And the stakes are very high.
Take courage.
For deep down, there is another truth.
You are not alone.

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