

## **Preparation for Session 21 -- Ourselves & Our Stories (Adding a New Member -- First Session of Two)**

Next week, this group will undergo a change as one or more new members are added. To help prepare the altar, please bring one object that is precious to you. It may be something from a past session of this group, but need not be. It may be an object you treasure, find meaning in or would like to have people know about. It might be symbolic of some part of your life journey or give others some special insight about you.

We get to know each other through our stories. A part of understanding where we are now is to understand where we've been. However, the stories of our lives are ever changing. New things happen, and we gain new understandings of past events. So the stories themselves change, and it is appropriate -- important, even -- to revisit those stories from time to time.

Next week, we will be sharing stories of how we each got to where we are now. Think about what brought you to Unitarian Universalism? To the San Jose congregation? To the small group ministries program?

You may wish to prepare some sort of pictorial representation of your life up until now: a collage, a timeline, a map, or whatever else appeals to you. Focus especially upon your religious background, any additional factors that influenced your approach to religion, and major life transitions or crises.