

## **Preparation for Session 22 -- Our Values & Our Ministries**

### **Adding a New Member (Session 2 of 2)**

In the next gathering we will explore how our highest values and the virtues we consider most important are expressed in our lives, and what impact they have on those around us. Honest realistic awareness of our own impact on other people's lives is often very difficult to achieve, but is very worthwhile to attempt. In preparation for the next gathering, try to reach an honest and realistic answer to one or more of the following questions:

1. Watch what is happening in your life during the next few days. (Or recall what has happened in the last few days.) What small things (or big things) did you do (or not do) that may have touched another's life? What effects did you see? Do you suspect that there were effects that you did not see? How did these actions reflect your values?
2. Draw a diagram or sketch that depicts some recent interactions between you and the people you love. Put it away for a while, and don't think about it. Then come back to your diagram or sketch and look for the good aspects of that interaction. Which of your values were expressed in it?
3. Select a person whom you trust, someone you think may have gained some benefit from you in the past. Ask this individual to tell you what effect you have had on them and what values they see you living out. (You can also just imagine that you have asked this question.)
4. Reflect on your intentions as you go through a day. What impact are you trying to make on your universe? How are your values being expressed?
5. Light a chalice at your workplace or in your home (or imagine that you did so if actually lighting a chalice would be dangerous or embarrassing). Did lighting the chalice make a difference in how you thought or felt? What values seem to rise to your awareness?