



SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH OF  
SAN JOSE

## Freedom & Independence

Freedom is a united determination to persevere in the struggle, to make sacrifices in the name of enduring truths. To be free is to be able to do what you think is right.

---Aung San Suu Kyi, Nobel Peace Prize winner in 1991 for her work for democracy in Burma.

Freedom is what you do with what's been done to you.

---Jean-Paul Sartre, French Philosopher

It is dangerous to take human freedom for granted, to regard it as a prerogative rather than as an obligation, as an ultimate fact rather than as an ultimate goal. It is the beginning of wisdom to be amazed at the fact of our being free.

---Abraham Joshua Heschel, Jewish theologian

Those who deny freedom to others deserve it not for themselves.

--Abraham Lincoln in a letter to H.L. Pierce, 1859.

<b>Preliminaries</b>	Review announcements, assign chalice lighter & readers.
<b>Chalice Lighting</b> -Leslie Pohl-Kosbau	<i>Read aloud together:</i> Flame of fire, spark of the universe that warmed our ancestral hearth-agent of life and death, symbol of truth and freedom. We strive to understand ourselves and our earthly home.
<b>Check-in</b>	Share one way in which you felt free or were aware of a freedom in your life over the past week and/or one way in which you were aware of your freedom being limited.
<b>Readings From the Bowl</b>	Allow everyone to go around the circle and select a quote or short reading out of the bowl to share aloud. You may choose to go around the circle once or until all the slips are gone. If someone has brought a reading or quote to share, they may choose to read that instead of drawing one from the bowl.
<b>Singing</b>	Circle 'round for freedom, circle 'round for peace, for all of us imprisoned, circle for release, Circle for the planet, circle for each soul, for the children of our children, keep the circle whole. <i>(Sing three times through)</i>
<b>Meditation &amp; Sitting in Silence</b>	Let the freedom of silence carry you within. Let the quiet circle surround you. Free you mind and heart that they may be open to receive.
<b>Sharing/ Deep Listening</b>	Share your responses to the preparation questions.

## Prayer

Dear God,

May our essential nature as a country and a people, awaken on this day. May the glorious possibilities of our miraculous beginnings once more enchant our hearts and set us free of limitation. Break the chain of dominance which false power hold upon us still. Renew the spirit of freedom and love which are Your truth within us. Amen.

## Discussion

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

## Singing

I've got the light of freedom,  
I'm going let it shine,  
I've got the light of freedom,  
I'm going let it shine.

I've got the light of freedom,  
I'm going let it shine.  
Let it shine, let it shine, let it shine

## Closing / Extinguishing the Chalice

*Join hands or link arms as you read the closing words together:*

Let the freedom of your search for truth and meaning continue. May all bonds be removed from your heart and mind that keep you separate from others and from yourself. Go out into the world and speak for freedom, advocate for the freedom of all, and model your life on this gift of freedom. .