

Preparation for S138 – Holiday Moments

“The Holidays” are upon us. They can be alternately glad and sad, welcome and worrisome. But at some point—in the last year, decade, or half-century—we’ve all had some good holiday experiences. So let’s focus on those for our time together.

- 1) First, think of an especially memorable holiday. What was it about that time that made it special?

- 2) Take out a pencil and paper and think about all of your good holiday experiences. Put your mind in neutral and write everything that comes to mind—fragments of thoughts about people, family traditions, food, decorations, gifts, cards or letters, anything you can think of.

- 3) Now try reflecting on holidays past using all your senses: taste, sound, sight, smell, Which sense memory is the strongest? The most pleasant?

- 4) What have you learned from this reflection that you could use to make the upcoming holidays more pleasant for you and your loved ones?

- 5) Pick one or two memories to share at the next session. Optionally, bring something that evokes one of your sense memories, such as a food, spice, decoration, or music CD.

And as we near the close of another good year together, the Small Group Ministry Council wants you to know you are very much appreciated in this community. Thank you for sharing your hearts and minds with us. We wish you much love and gladness.