



SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH OF
SAN JOSE

At the Year's End

The things that matter will not crowd and clutter your life. The things that matter will enlarge the orbit of your being until you are large enough to contain all that is worthy of being welcomed.

- Albert Perry

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do

With your one wild and precious life?

-Mary Oliver

I asked a friend what her New Year's resolution would be.

She thought very seriously for a while and then replied

"Breathing."

- Lionel Wijesiri

Preliminaries Get volunteers to light the chalice, read the opening, and read the brief meditation. Announce church events.

**Opening/
Chalice
Lighting**
- attributed to
Kalidasa,
Hindu
dramatist and
poet

Look to this day!
For it is life, the very life of life.
In its brief course lie all the verities
And realities of your existence:
The bliss of growth
The glory of action,
The splendor of beauty;
For yesterday is but a dream,
And tomorrow is only a vision;
But today, well lived, makes every yesterday
A dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day.

Check-in Please take minute or two to share briefly what's been on your mind lately.

**Reading and
Meditation**
- *The Book of
Runes*

Have someone read the following meditation, then spend some time in silence, envisioning good things for your life in the new year.

Visualize yourself standing before a gateway on a hilltop. Your entire life lies out before you and below. Before you step through, pause and review the past; the learning and the joys, the victories and the sorrows— everything it took to bring you here.

**Sharing/ Deep
Listening**

Please share your thoughts on the preparation for this session.

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
#118, *Singing the
Living Tradition*
(modified)

This little light of mine, I'm gonna let it shine.
This little light of mine, I'm gonna let it shine.
This little light of mine, I'm gonna let it shine.
Let it shine, let it shine, let it shine.

Everything I do, I'm gonna let it shine.
Everything I do, I'm gonna let it shine.
Everything I do, I'm gonna let it shine.
Let it shine, let it shine, let it shine

Everywhere I go, I'm gonna let it shine.
Everywhere I go, I'm gonna let it shine.
Everywhere I go, I'm gonna let it shine.
Let it shine, let it shine, let it shine.

**Closing/
Extinguishing the
Chalice**
- Rev. Rebecca
Parker

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

Let this be the time
We wake to life,
Like spring wakes,
in the moment of winter solstice.