



SMALL GROUP MINISTRY  
FIRST UNITARIAN CHURCH OF  
SAN JOSE

## Transcendence

“Within us is the soul of the whole; the wise silence, the universal beauty, to which every part and particle is equally related; the eternal One. When it breaks through our intellect, it is genius; when it breathes through our will, it is virtue; when it flows through our affections, it is love.” ~ Ralph Waldo Emerson

“In order to be All, do not desire to be anything. In order to know All, do not desire to know anything. In order to find the joy of All, do not desire to enjoy anything.” ~St John of the Cross

“The flames of thy mouths devour all the worlds. Thy glory fills the whole universe. But how terrible thy splendors burn.”  
~*Bhagavad Gita* 11.30

“That which is the subtle essence—in that all beings have their existence. That is the truth. That thou art.” ~*Chandogya Upanishad*

“Now my own suspicion is that the Universe is not only queerer than we suppose, but queerer than we *can* suppose.” ~J.B.S.

Haldane, British evolutionary biologist  
© 2012 First Unitarian Church of San Jose

**Preliminaries**    *Get volunteer to light the chalice.*

**Centering**        *See Leader Notes.*

**Opening /  
Chalice  
Lighting**        *(Read aloud together)*  
Let our meditation be on the glorious light of the Sun.  
May this light illumine our minds.  
~ Gayatri  
Mantra

**Check-in**         *How goes thy spirit? What do you need to leave behind  
in order to be fully present here and now? 2-3 sentences*

**Reading**         *Take turns reading the quotes on the front page.*

**Sitting in  
Silence**         *(Pause for a few moments)*

**Sharing/Deep  
Listening**       *Speak the thoughts and feelings that arose as you did  
the preparation for this session. Sharing should be  
about five minute per person.*

*Deeply listening, without response or thought of  
response at this time, is the gift we give and receive as  
we share our thoughts.*

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

**Singing**            *Where do we come from? What are we? Where are we going?*  
#1003  
*Where Do We  
Come From?*        *Where do we come from?  
Mystery. Mystery. Life is a riddle and a mystery.  
Where do we come from? Where are we going?  
(Repeat each line once)*

**Closing/  
Extinguishing  
Chalice**            *Join hands or link arms as you read the closing words  
together.*  
~Brihadaranyaka  
Upanishad 1.3.28.    *Lead us from the unreal to the real,  
Lead us from darkness to light,  
Lead us from death to immortality,  
Let there be peace, peace, peace*

