

"When I change"

Leader: We are here to derive meaning in our actions

All: When I change, the world changes

Leader: We are here to win our power back over our areas of powerlessness

All: When I change, the world changes

Leader: We are here to deepen our understanding of ourselves in order to strengthen self-discipline

All: When I change, the world changes

Leader: We are here to abolish prejudice with an appreciation for our diversity and differences

All: When I change, the world changes

Leader: We are here to feel our personal power and our capacity to affect the lives of other people

All: When I change, the world changes

Leader: We are here to be teachers to each other

All: When I change, the world changes

Leader: We are here to spend time away from the usual influences and relearn reality

All: When I change, the world changes

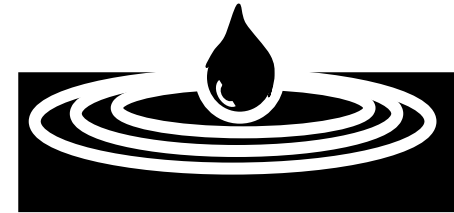
Leader: When God gives me the desire, I am also given the power and means to achieve my goals

All: When I change, the world changes

Leader: I am here to see that my singular life is a gateway to countless possibilities

All: When I change, the world changes

-- *Mother Theresa Gustilo Gallardo*



SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH
OF SAN JOSE

Being a Body

Take care of your body. It's the only place you have to live.

-- *Jim Rohn*

Bodily decay is gloomy in prospect, but of all human contemplations the most abhorrent is body without mind.

-- *Thomas Jefferson*

It is not the end of the physical body that should worry us. Rather, our concern must be to live while we're alive -- to release our inner selves from the spiritual death that comes with living behind a facade designed to conform to external definitions of who and what we are.

-- *Elisabeth Kubler-Ross*

We must no more ask whether the soul and body are one than ask whether the wax and the figure impressed on it are one..

-- *Aristotle*

Preliminaries	<i>Announce upcoming church events; get a volunteer to light the chalice, and read the opening reading.</i>	Sharing/ Deep Listening	<i>Deeply listening, without response or thought of response at this time, is the gift we give and receive as we share our thoughts on the preparation for this session.</i>
Centering Practice	<i>See Leader Notes.</i>	Discussion	<i>This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.</i>
Opening / Chalice Lighting <i>-- Maryell Cleary (from UU WorshipWeb)</i>	Long ago the chalice of communion wine was set apart for the priests alone. We would have all share in the bounty of the earth: wind and milk, bread and meat, that no one may go hungry. Long ago those who spoke their minds freely were put to death by fire. We would use fire to warm all bodies and light all minds. Long ago freedom-loving people put flames upon a chalice as a symbol of freedom and sharing for all. As we light this flame, so we dedicate ourselves to freedom and sharing.	Singing <i>- Hymnal #6</i>	Just as long as I have breath, I must answer "Yes" to life; though with pain I made my way, still with hope I meet each day. If they ask what I did well, tell them I said "Yes" to life. Just as long as vision lasts, I must answer "Yes" to truth; in my dream and in my dark, always that elusive spark. If they ask what I did well, tell them I said "Yes" to truth. Just as long as my heart beats, I must answer "Yes" to love; disappointment pierced me through, still I kept on loving you. If they ask what I did well, tell them I said "Yes" to love.
Check-in	<i>Briefly share something that happened this week that contributes to your emotional temperature today.</i>		
Reading: Desiderata -- Mother Theresa Gustilo Gallardo	<i>Reading is on the back of the order of service.</i>	Extinguishing the Chalice <i>--Susan Karlson (from UU Worship Web)</i>	We leave blessed by our connections to one another, to the spirit of life. Walk lightly that you see the life that is below your feet. Spread your arms as if you had winds and could dance through the air. Feel the joy of the breath in your lungs and the fire in your heart. Live to love and be a blessing on this earth.
Sitting in Silence			

