

UUCR Small Group Ministry Session Plan  
ABUNDANCE

*May your time together be expansive and boundless in heart and spirit! -Rev. Rebekah*

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS

Spirit of life and love, thank you for the gifts of life and love.

Help us to embrace fully the sweet and the bitter moments of our days.

Help us to treasure the times of abundance and to find meaning in the times of emptiness.

Help us in our abundance to reach out to those who hunger—

and help us in our times of hunger to admit our neediness and to accept the caring hand of our neighbor.

Amen.

CHECK-IN

READINGS

“People with a Scarcity Mentality have a very difficult time sharing recognition and credit, power or profit – even with those who help in the production. They also have a very hard time being genuinely happy for the success of other people. The Abundance Mentality, on the other hand, flow out of a deep inner sense of personal worth and security. It is the paradigm that there is plenty out there and enough to spare for everybody. It results in sharing of prestige, of recognition, of profits, of decision making. It opens possibilities, options, alternatives, and creativity.” ~Steven Covey

“Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend... when we choose to be grateful for the abundance that’s present – love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure – the wasteland of lack falls away and we experience heaven on Earth.” —Sarah Ban Breathnach

“Abundance is a process of letting go; that which is empty can receive.” ~Bryant H. McGill

“Strong emotions such as passion and bliss are indications that you're connected to Spirit, or 'inspired,' if you will. When you're inspired, you activate dormant forces, and the abundance you seek in any form comes streaming into your life.” ~Wayne Dyer

“A scarcity mindset narrows our time frame, causing us to make impulsive, short-term decisions that increase our difficulties in the long-term, like putting off paying credit card bills or not opening the envelopes. Dealing with extremely limited resources increases the barriers we have to deal with, resulting in mental fatigue and cognitive overload. Feeling deprived of important resources like love, food, money, or time can lead to anxiety or anger. Studies show

that being lonely or deprived of resources results in an unhealthy obsession, hyperfocus, and overvaluing of the thing we don't have. Ironically, the nature of scarcity itself impedes our coping efforts.”

#### MOMENT OF SILENT REFLECTION

QUESTIONS and REQUESTS (Please respond to any of the questions and readings you feel moved by. It is not necessary to respond to all of them.)

1. In your past life have you suffered from scarcity, particularly in regard to finances or relationships, and how did you cope with that?
2. Are there segments of your current life that are linked to feelings of abundance or scarcity, and how does that affect your day-to-day choices?
3. Has affiliation with Unitarian Universalism affected your interpretation of scarcity and abundance?
4. How do we differentiate between wants and needs in defining our own feelings of plenty or deprivation?
5. How has your concept of “enough” changed over the years—related to money, exercise, love/sex, eating, traveling, reading, etc.?
6. Does society have a responsibility to meet all human wants and needs, or some, or none?

SHARING (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

#### MOMENT OF SILENT GRATITUDE

LIKES (celebrations, gratitudes, appreciations for needs met) and WISHES (mournings, requests, acknowledgements of needs not met)

CHECK-OUT (a few words or phrases from each who wants to share)

#### CLOSING WORDS

*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 wings 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.*

#### EXTINGUISH THE CHALICE OR CANDLE