

UUCR Small Group Ministry Session Plan  
Questions at the End of the Day

*May your time together deepen your connections – mind, heart and spirit! –Rev. Rebekah*

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS

*Enter with me the sacred space.  
Bring with you what is yours—  
a burdened heart, a joyous song,  
a wearied spirit, a seeking mind.  
Bring the gift of yourself to the altar.  
It is an honorable gift.  
~Amarette Callaway*

CHECK-IN

READINGS

There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom. ~Anais Nin

You are so young, all still lies ahead of you, and I should like to ask you, as best I can, dear Sir, to be patient towards all that is unresolved in your heart and to try to love *the questions themselves* like locked rooms, like books written in a foreign tongue. Do not now strive to uncover answers: they cannot be given you because you have not been able to live them. And what matters is to live everything. *Live* the questions now. Perhaps then you will gradually, without noticing it, live your way into the answer, one distant day in the future. ~Rainer Maria Rilke (1875–1926), 1903 July 16th letter to Franz Xaver Kappus, from Worpswede, translated from German by Charlie Louth

“Men go abroad to wonder at the heights of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motions of the stars, and they pass by themselves without wondering.” ~St. Augustine

“It takes courage...to endure the sharp pains of self discovery rather than choose to take the dull pain of unconsciousness that would last the rest of our lives.” ~Marianne Williamson

Not until we are lost do we begin to understand ourselves. ~Henry David Thoreau

Why should we honour those that die upon the field of battle? A man may show as reckless a courage in entering into the abyss of himself. ~William Butler Yeats

The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself. ~Anna Quindlen

#### 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.)

“Questions at the End of the Day”

- from “To Bless the Space Between Us” by John O’Donohue

- “Where did my eyes linger today?”
- “Where was I blind?”
- “Where was I hurt without anyone noticing?”
- “What did I learn today?”
- “What new thoughts visited me?”

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

*“There is, finally, only one thing required of us: that is, to take life whole, the sunlight and shadows together; to live the life that is given us with courage and humor and truth.*

*We have such a little moment out of the vastness of time for all our wondering and loving. Therefore let there be no half-heartedness; rather, let the soul be ardent in its pain, in its yearning, in its praise.*

*Then shall peace enfold our days, and glory shall not fade from our lives.”*

*~Kendyl Gibbons*

#### EXTINGUISH THE CHALICE OR CANDLE