

UUCR Small Group Ministry Session Plan  
September: REFLECTION

*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

“Reflective thinking turns experience into insight.” ~John Maxwell

“The next message you need is always right where you are.” ~Ram Dass

“By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.” ~Confucius

“We cannot hold a torch to light another's path without brightening our own.” ~Ben Sweetland

“Wisdom is supreme, therefore get wisdom. Though it cost all you have – get understanding.”  
Proverbs 4:7

“The questions you ask consistently will create either enervation or enjoyment, indignation or inspiration, misery or magic. Ask the questions that will uplift your spirit and push you along the path of human excellence.” ~ Tony Robbins

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” – Part II

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

*“How were my conversations?”*

*“What differences did I notice in those closest to me?”*

*“Whom did I neglect?”*

*“Where did I neglect myself?”*

*“Where could I have exposed myself to the risk of something different?”*

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 anyone who would like 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