

UUCR Small Group Ministry Session Plan NOVEMBER

Gratitude

May your time together be meaningful and full of warm connection! -Rev. Rebekah

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS:

Welcome to this place of peace;

May we find some moments of quiet contemplation.

Welcome to this place of celebration;

May our hearts soar with gratitude for the gift of life.

Welcome to this place of sacred love;

May we gently hold all that is broken here.

Welcome to this place of inquiry;

Here, may we be challenged to open our minds and hearts ever wider.

Come into this place of community;

May we, together, draw the circle of love and justice ever wider.

Welcome to this sacred place.

CHECK-IN

READINGS

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. ~Melody Beattie

Give yourself a gift of five minutes of contemplation in awe of everything you see around you. Go outside and turn your attention to the many miracles around you. This five-minute-a-day regimen of appreciation and gratitude will help you to focus your life in awe. ~Wayne Dyer

“Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have—life itself.”
~ Walter Anderson

When it comes to life the critical thing is whether you take things for granted or take them with gratitude. ~Gilbert K. Chesterton

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Gratitude is the most exquisite form of courtesy. ~Jacques Maritain

Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.
~John Milton

“You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you” ~ Sarah Ban Breathnach

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. What spoke to you from the readings?
2. Do any of the readings connect to your understanding of your faith or being UU? Any challenges to your understanding?
3. Where is the sacred in your understanding of gratitude?
4. What would you like the children of this congregation, our faith tradition and our community to know and understand about gratitude and thankfulness in our lives?

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 & Extinguish the Chalice or Candle

*“Let us rise up and be thankful, for if we didn’t learn a lot today,
at least we learned a little, and if we didn’t learn a little,
at least we didn’t get sick, and if we got sick, at least we didn’t die;
so, let us all be thankful.”*

~ Buddha