

UUCR Small Group Ministry Session Plan
February: Heart and Home

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

This nation will remain the land of the free only so long as it is the home of the brave.
~Elmer Davis

No matter under what circumstances you leave it, home does not cease to be home. No matter how you lived there—well or poorly. ~Joseph Brodsky

A man travels the world over in search of what he needs and returns home to find it. ~George A. Moore

I was powerless over my childhood but the coping strategies that I developed, to survive, all of which were creative and brilliant and got me through, as an adult those became my defects of character. Those became my shortcomings, control and all that kind of stuff... and that's my responsibility. I was a blameless child in what happened in the home; I take responsibility for my behaviors as an adult. ~Ashley Judd

When you're safe at home you wish you were having an adventure; when you're having an adventure you wish you were safe at home. ~Thornton Wilder

It is not healing to see your childhood home, but it helps you measure whether you are broken, and how and why, assuming you want to know. ~Thomas Harris

Nothing is perfect. Life is messy. Relationships are complex. Outcomes are uncertain. People are irrational. ~Hugh Mackay

When a writer knows home in his heart, his heart must remain subtly apart from it. He must always be a stranger to the place he loves, and its people.

~William Morris

Home is a place you grow up wanting to leave, and grow old wanting to get back to.

~John Ed Pearce

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.)

- ❖ Where do you feel most at home? Is it/are they places, people, experiences?
- ❖ Of these readings, which ones spoke to where you are feeling today?
- ❖ What speaks to your understanding as a Unitarian Universalist?
- ❖ Where is the sacred – both when heart and homes are broken and hurting and when heart and home feel like the only safe places?
- ❖ What would you like our children and youth to know about heart and home? What would you like to have heard as a child yourself?

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

*Enable us as we leave this place
To carry forth our highest aspirations and prayers into the coming week,
Turning our thoughts toward charity,
Our hearts toward justice,
And our hands toward the work of peace.*

Shalom and Amen.

EXTINGUISH THE CHALICE OR CANDLE