

UUCR Small Group Ministry Session Plan  
June: Peace

*May your time together challenge, refresh & deepen your spirits! -Rev. Rebekah*

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS (by Rev. Jay Abernathy)

*Let us seek the quiet and the calm  
Let us lay aside our loud calling  
Let us lay aside our struggle  
Speak softly: let us listen to the melodies that recall other proportions  
Our moments tarry not with us  
Let us then seek the dimension that endures  
beyond all nowness and hereeness  
beyond all requirement and all particularity  
Let us speak softly that we may hear  
Let us enter into the quiet.*

CHECK-IN

READINGS

“Love is the vital essence that pervades and permeates, from the center to the circumference, the graduating circles of all thought and action. Love is the talisman of human weal and woe – the open sesame to every soul.” ~ **Elizabeth Cady Stanton**

“Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it towards others. And the more peace there is in us, the more peace there will also be in our troubled world.” ~ **Etty Hillesum**

“To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness” ~ **Robert Muller**

“The heart that breaks open can contain the whole universe.” ~ **Joanna Macy**

“Anxiety is the illness of our age. We worry about ourselves, our family, our friends, our work, and our state of the world. If we allow worry to fill our hearts, sooner or later we will get sick.” ~ **Thich Nhat Hanh**

“The best weapon is to sit down and talk.” ~ **Nelson Mandela**

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” ~ **Harriet Tubman**

“The very first step in nonviolence is that we cultivate in our daily life, as between ourselves, truthfulness, humility, tolerance, loving kindness.” ~ **Gandhi**

“Our faith calls us to create peace, yet we confess that we have not done all we could to prevent the spread of armed conflict throughout the world. At times we have lacked the courage to speak and act against violence and injustice; at times we have lacked the creativity to speak and act in constructive ways; at times we have condemned the violence of others without acknowledging our own complicity in violence. We affirm a responsibility to speak truth to power, especially when unjust power is exercised by our own nation. Too often we have allowed our disagreements to distract us from all that we can do together. This Statement of Conscience challenges individual Unitarian Universalists, as well as our congregations and Association, to engage with more depth, persistence, and creativity in the complex task of creating peace.” ~**2010 UUA Statement of Conscience**

## 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.)

- ❖ Of these readings, which one(s) spoke to where you are feeling today?
- ❖ How do you cultivate peace in your hearts? In your home? At UUCR?
- ❖ As we grow to practice courageous love together, how does cultivating peace challenge you? Encourage you?
- ❖ How would you explore making peace personally and communally to our children and youth? What would you have 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

*May love permeate your every heartbeat  
May faith guide your every step  
May truth and compassion be your Eternal travelling companions  
And may a deep, abiding Spirit rest joyously  
In your every waking wish  
And your every resting dream  
Go forth in peace, return with love.*

## EXTINGUISH THE CHALICE OR CANDLE