

UUCR Small Group Ministry Session Plan  
August: REST

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

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS (by Rev. Krista Taves, adapted)

Whether you have come here with heart full or heart empty, with spirits high or low,  
rested or tired, hopeful or despairing,  
Whether we have come here out of habit, conviction, loneliness, or curiosity,  
You belong here because you are here, and all that you have and all that you are is welcome here.  
Here we are, together, the heartbeat of this congregation.

CHECK-IN

READINGS

Life should be touched, not strangled. You've got to relax, let it happen at times, and at others move forward with it. ~Ray Bradbury

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day,  
listening to the murmur of the water, or watching the clouds float across the sky,  
is by no means a waste of time.  
~John Lubbock

Whenever you find yourself on the side of the majority, it is time to pause and reflect. ~Mark Twain

Your calm mind is the ultimate weapon against your challenges. So relax. ~Bryant McGill

Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit.  
Then get back to work.  
~Ralph Marston

Tension is who you think you should be. Relaxation is who you are. ~Chinese Proverb

Learn to relax. Your body is precious, as it houses your mind and spirit. Inner peace begins with a relaxed body.~Norman Vincent Peale

Besides the noble art of getting things done,  
there is a nobler art of leaving things undone.  
~Lin Yutang

The ability to relax and be mindfully in the present comes naturally when we are grateful. ~Louise Hay

To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into blissful state of mind amidst the normal chaos of a hectic life. ~Jill Bolte Taylor

We humans have lost the wisdom of genuinely resting and relaxing.

We worry too much. We don't allow our bodies to heal,  
and we don't allow our minds and hearts to heal.

~Thich Nhat Hanh

## 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 your heart is today?
- ❖ We are inundated FOMO (“fear of missing out”) which prevents being present in the moment or we overcommit when we feel obligated to agree to things we truly don’t want to do. How do you make space for rest?
- ❖ What happened the last time you didn’t have enough time to rest and refresh your spirit and/or soul?
- ❖ As UU’s we covenant to affirm the inherent worth and dignity of all people. As such, what does radical self-care look like as a part of your spiritual life?

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 (by Rev. Kendyl Gibbons)

*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.*

*May it be So.*

EXTINGUISH THE CHALICE OR CANDLE