

UUCR Small Group Ministry Session Plan
October: PRACTICE

May your time together deepen your connections – mind, heart and spirit! -Rev. Rebekah

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS (#434 in Singing the Living Tradition)

*May we be reminded here of our highest aspirations,
and inspired to bring our gifts of love and service to the altar of humanity.
May we know once again that we are not isolated being but connected, in mystery and miracle,
to the universe, to this community and to each other.*

CHECK-IN

READINGS

“When we let go of our battles and open our heart to things as they are, then we come to rest in the present moment. This is the beginning and the end of spiritual practice. Only in this moment can we discover that which is timeless. Only here can we find the love that we seek. Love in the past is simply memory, and love in the future is fantasy. Only in the reality of the present can we love, can we awaken, can we find peace and understanding and connection with ourselves and the world.” ~ Jack Kornfield

“In the practice of tolerance, one’s enemy is the best teacher.” ~Dalai Lama

“Every night before I go to sleep I say out loud three things that I am grateful for, all the significant, insignificant, extraordinary, ordinary stuff of my life. It is a small practice and humble, and yet, I find I sleep better holding what lightens and softens my life every so briefly at the end of the day.” ~Carrie Newcomer

“An ounce of practice is worth more than tons of preaching.” ~Mahatma Gandhi

"For though we may not live a holy life, we live in a world alive with holy moments. We need only take the time to bring these moments into the light." ~Kent Nerburn in [*Small Graces*](#)

“The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another's, smile at someone and receive a smile in return, are to me continual spiritual exercises.” ~Leo Buscaglia

“There are only two mistakes one can make along the road to truth: Not going all the way, and Not starting.” ~ Buddha

“The goal of spiritual practice is full recovery, and the only thing you need to recover from is a fractured sense of self.” ~ Marianne Williamson

“I feel that the essence of spiritual practice is your attitude toward others. When you have a pure, sincere motivation, then you have right attitude toward others based on kindness, compassion, love and respect.” ~ Dalai Lama

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?
- ❖ Part of practice is keeping intention vibrant. What happens to you when “practice” is neglected? The core idea here is an orientation, and not just an emphasis on doing things.
- ❖ Practice as a spiritual discipline and gift has an array of personal meanings. How do you understand “practice” in your faith journey? How does “practice” relate to facing challenges and failure? What can be gained in upholding a spiritual sense of “practice”?
- ❖ How do you see and feel the sacred in “practice”?
- ❖ What would you like our children and youth to know about “practice”? 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

*Let us begin again in Love,
Having let go, Set our intentions,
Named our curiosity, Committed our energies,
Honored our journeys of faith and heart,
And given ourselves over to lives of balance, purpose and meaning,
Let us begin again
In Love*

EXTINGUISH THE CHALICE OR CANDLE