

UUCR Small Group Ministry Session Plan  
August 2018: SONG

*It is good to be together – companionship is the heartbeat of our community. May your time of (re)connection be blessed! –Rev. Rebekah*

CHALICE OR CANDLE LIGHTING  
MOMENT OF SILENCE

OPENING WORDS (anon.)

*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 beings but connected, in mystery and miracle, to the universe, to this community and to each other.*

CHECK-IN

READINGS:

“I will praise the name of God with song and magnify God with thanksgiving.” Psalm 69:30

“When your time comes to die, be not like those whose hearts are filled with fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song, and die like a hero going home.” ~Tecumseh

“Every bad situation is a blues song waiting to happen.” ~Amy Winehouse

“You must understand the whole of life, not just one little part of it. That is why you must read, that is why you must look at the skies, that is why you must sing and dance, and write poems and suffer and understand, for all that is life.” ~Jiddu Krishnamurti

“Music is a higher revelation than all wisdom and philosophy. The mediator between the spiritual and the sensual life. The one incorporeal entrance into the higher world of knowledge, which comprehends mankind, but which mankind cannot comprehend.” ~Ludwig van Beethoven

“If in the twilight of memory we should meet once more, we shall speak again together and you shall sing to me a deeper song.” ~Khalil Gibran

“Nature is the one song of praise that never stops singing.” ~Richard Rohr

“If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music. I get most joy in life out of my violin.” ~ Albert Einstein

MOMENT OF SILENT REFLECTION

QUESTIONS and REQUESTS (Please respond to any of the questions you feel moved by. It is not necessary to respond to all of them.)

- ◆ Music is often central to spiritual practices and worship. What songs did you learn as a child related to faith? Be Bold and sing some for your group!
- ◆ Many of these readings relate the spiritual theme of “Song” to the Transcendent in life, to Mystery and Wonder. Which reading(s) speak to your heart?
- ◆ What Songs inspire Gratitude, Wonder and/or Connection?
- ◆ How does “Song” relate to Social Justice, Social Transformation? Has “Song” ever changed your heart, your mind?
- ◆ What songs have or would you teach our children and youth that express our UU hopes and values best?

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. Rhys Williams, adapted)

*Let us go out into the world singing.  
Let us go out into the world singing songs that proclaim liberty.  
Songs that turn ashes into garlands  
Songs that bind up the afflicted and those who mourn.  
Songs that, like oaks, have roots that go deep and stand strong.  
Let us go out into the world singing.  
We know these songs. They vibrate through time, in our very souls.  
They are the songs that give us life.  
They are the songs that give us meaning.  
They are the songs that give us purpose.  
Now it is our turn, to take these life-giving songs out into the world.  
Let us go now—singing these songs with voices deep and strong.  
And may the world join us in praise and in celebration and in love.  
Amen.*

EXTINGUISH THE CHALICE OR CANDLE