

UUCR Small Group Ministry Session Plan
March 2019: DANCE

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

CHALICE & CANDLE LIGHTING
MOMENT OF SILENCE

OPENING WORDS By Rev. Michael DeVernon Boblett, (adapted)

We are not alone. We are this flame, ancient as the stars, new as the vulnerable spark.

We are not alone.

We are this chalice, rimmed by the spiral dance of searching.

We are not alone.

We are the light soaring, the shadow deepening, the dance between them.

We are not alone.

We are the heirs of the tribes and their fires, the healers and their circles.

We are not alone.

We are here. We are here for ourselves. We are here for each other. And...

We are not alone. We are here. Together.

CHECK-IN

READINGS & Questions for Reflection (Feel free to respond to some or all, as the spirit moves):

Dancing is the world's favorite metaphor. ~*Kristy Nilsson*

“Say when dancing, you don't aim at a particular spot in the room: that's where you should arrive. The whole point of the dancing is the dance.” ~Alan Watts

“Consciousness expresses itself through creation. This world we live in is the dance of the creator. Dancers come and go in the twinkling of an eye but the dance lives on. On many an occasion when I am dancing, I have felt touched by something sacred. In those moments, I felt my spirit soar and become one with everything that exists.” ~Michael Jackson

“Navy SEALs have a cute acronym for the situations they often find themselves in, their own set of Flow triggers, as it were: VUCA (Volatile, Uncertain, Complex and Ambiguous). What do we know about the SEALs? They are among the best at what they do. We watch movies about them. In general, by engaging in new, risky challenges, top performers of various disciplines rig their own psychology such that it falls in line, and puts out on command. They dance with discomfort.” ~Ethan Kadar, “The Universe Girl Is a Dancer”

“If you hit a wall, climb over it, crawl under it, or dance on top of it.” ~Unknown

“The same stream of life that runs through my veins night and day runs through the world and dances in rhythmic measures. It is the same life that shoots in joy through the dust of the earth in numberless blades of grass and breaks into tumultuous waves of leaves and flowers.” ~Rabindranath Tagore

“Dance is the hidden language of the soul.” ~Martha Graham

“Our universe is a great dance, a great waltz of energy and matter and fundamental forces, whirring together in a great cosmic play. In this great dance, we cannot help but be swept up. When we resist the flow of life, the flow of the dance, we suffer. When we actively surrender or join in to the cosmic dance, we flow with life, like a ship on the great ocean.” ~Adam J. Pearson, “On Energy and the Cosmic Dance of the Universe”

Questions to Ponder:

How is “Dance” a spiritual principle for you?

Where does “Dance” show up in your life?

The quotes speak to both the physical, external dance and the spiritual, energetic and internal dance. How does this connect with your experience of “Dance”?

When was the last time you danced? Felt connected to a spiritual Dance?

MOMENT OF SILENT REFLECTION

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. Susan Karlson, (adapted)

*We leave blessed by our connections to one another, to the spirit of life.
Journey lightly that you see the life that is along your path.
Spread your arms as if you had wings and could dance through the air.
Feel the joy of the breath in your lungs and the fire in your heart.
Live to love and be a blessing on this earth.*

EXTINGUISH THE CHALICE OR CANDLE