

MOVIES WITH MEANING (adapted from the session developed by the First Unitarian Church of San Jose)

OPENING WORDS & CHALICE LIGHTING:

We are not alone.
We are this flame, ancient as the stars, new as the vulnerable spark.
We are this chalice, rimmed by the spiral dance of searching.
We are the light soaring, the shadow deepening, the dance between them.
We are the heirs of the tribes and their fires, the healers and their circles.
We are here. We are here for ourselves. We are here for each other. And...
We are not alone.

PURPOSE: We come together to build connections and to support each other on our spiritual journeys.

CHECK IN: What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing. What are you leaving behind to be here today?

READING OF GROUP COVENANT

FOCUS: Movies With Meaning

Each person in the group speaks uninterrupted; if time remains, general response and conversation are welcome.

There are often times where there is a strong message that we receive from a movie that stays with us for a long time afterwards. Sometimes it is a visual image that we can't get out of our head, and sometimes it is a much more intellectual "meaning of life" message. Whatever the message, it was the movie that brought it to us and causes us to relive or reexamine it over time. Think of one or more movies you have seen that has had a major impact on you. Don't be daunted by the words "a major impact"! A movie doesn't have to cause a huge change in your outer life to have had a major impact on you. Here are some questions that might help guide you in thinking about movies that have had an impact on your life.

1. Have you seen a movie that was able to transport you mentally somewhere else; that caused you to view the world you live in differently?
2. Have you seen a movie that caused you to rethink your values or beliefs to the point where you are still pondering them months or years after having seen the movie?
3. Have you seen a movie that dealt with an issue (either directly or indirectly) that you have struggled with over the years, and gave you new insight into dealing with the issue?
4. Have you ever seen a movie where you feel like there was a message that was not necessarily intended by the filmmaker, but that spoke to you?
5. Can you recall seeing a movie that called you personally to action (whether or not the movie was made as a call to action)?

Reflect on the roles movies have played in your life. Share with the group the movies that have impacted your life and the ways in which they have done that.

CONFIDENTIALITY CHECK: Is there anything that you shared here today that you would like held confidential? Otherwise, this is a reminder that we treat each other's sharing with kindness and respect.

CHECK OUT

CLOSING WORDS:

We extinguish the chalice here that it might glow gently in our hearts.
May it light your path as you leave this place.
May it guide your way until we are together again.