

The Music of our Lives (adapted from a session by Katrina VanBrugh, Allen Avenue UU Church, Portland, ME)

OPENING WORDS & CHALICE LIGHTING

“Music is the shorthand of emotion.” ~Leo Tolstoy

PURPOSE: We come together to build connections and talk about what deeply matters.

CHECK-IN: How is it with you today? What do you need to leave behind to be fully present?

READING OF GROUP COVENANT

FOCUS: Music in our lives

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

FOR DISCUSSION:

Music is essential in every society across the world and across the ages. It can be such an integral component that we sometimes don't even notice it until maybe years later we find we associate a certain song or piece of music with a certain experience or time in our lives.

“Music expresses that which cannot be said and on which it is impossible to be silent.”

~ Victor Hugo

“I think that is what film and art and music do; they can work as a map of sorts for your feelings.”

~ Bruce Springsteen

“Music is the best means we have of digesting time.”

~ W. H. Auden

“Talking about music is like dancing about architecture.”

~ Steve Martin

QUESTIONS TO CONSIDER:

1. Is music important to you? If yes, what kinds are/have been important?
2. What music has been particularly meaningful for you in your life so far? Why is it or has it been meaningful? Have there been times when some kinds of music have been more meaningful than others?
3. Have there been things in your life that could be not said but which needed expression? Was there music that helped make that expression possible?
4. Do you think music expresses our inner selves better than words alone? If so, why?
5. Does music help you to navigate your feelings? If so, how?

CONFIDENTIALITY CHECK AND CHECK OUT: 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.

CLOSING WORDS:

“There are two means of refuge from the miseries of life: music and cats.”

May our lives be rich in both! ~Albert Schweitzer