

WHERE DID YOU COME FROM? WHERE HAVE YOU BEEN? Getting to Know You - Sharing our Histories
(adapted from the session developed by the First Unitarian Church of San Jose)

OPENING WORDS & CHALICE LIGHTING:

We come together this day to remind one another
To rest for a moment on the forming edge of our lives
To resist the headlong tumble into the next moment,
Until we claim for ourselves awareness and gratitude for all the moments which have come before,
Taking the time to look into one another's faces and see there communion: the reflection of our own eyes.
This place of laughter and silence, memory and hope, is hallowed by our presence together.
~Rev. Kathleen McTigue, adapted

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

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: Where Did You Come From? Where Have You Been? Getting to Know You...
Each person in the group speaks uninterrupted; if time remains, general response and conversation are welcome.

“Look not mournfully into the past. It comes not back again. Wisely improve the present. It is thine. Go forth to meet the shadowy future, without fear.” ~Henry Wadsworth Longfellow

“We can draw lessons from the past, but we cannot live in it.” ~Lyndon B. Johnson

“Remembering the past, both personal and collective, is a way of understanding who we are and how we came to be in our present situation. Envisioning the future is a way of anticipating the possible effects of our actions. These two impulses, remembering and envisioning, connect us across generations.” ~Scott Russell Sanders

Santayana said that those who don't know their history are condemned to repeat it. We look to our individual pasts to understand where we've come from, where we are now, and where we are going, and to share with each other a bit about ourselves.

Questions for Reflection

1. Beginning with your place of birth, briefly name all the places you have lived. What event caused you or your family to move from place to place.
2. As you think back on these places, share with the group which ones holds special meaning for you and why.
3. Are there places where you have felt especially connected to something?
4. Is there a place you'd rather be than where you are now or a place you'd like to be one day?

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:

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.
~Singing the Living Tradition #434