

BE THE CHANGE (adapted from the Small Group Ministry Institute, The Mountain, August 2008)

OPENING WORDS & CHALICE LIGHTING

We are here to grow in wisdom and learn how to love better.

As we do this in our own ways, we slowly become a blessing to those around us and a light to the world.

~Rachel Naomi Remen

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

CHECK IN: What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing. Take a minute or two to share briefly the high and low points in your life since we last met. How is it with you today?

READING OF GROUP COVENANT

FOCUS: *Be the Change* Each person in the group speaks uninterrupted; if time remains, general response and conversation are welcome.

Quotes about change:

We know what we are, but know not what we may be. *~ William Shakespeare*

Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death. ~Anais Nin

Some men see things as they are and say, "Why?" I dream of things that never were and say, "Why not?"
~George Bernard Shaw

It's not so much that we're afraid of change or so in love with the old ways, but it's that place in between that we fear . . . It's like being between trapezes. It's Linus when his blanket is in the dryer. There's nothing to hold on to.
~Marilyn Ferguson

We must be the change we wish to see in the world. *~Gandhi*

Questions for Reflection:

What changes do you need/want to have happen inside yourself?

In your relationships? In the world around you?

What have you done to make changes?

or...

What might you do to make these changes internally? Externally?

What keeps you from "being the change"?

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:

We frail humans are at one time capable of the greatest good and, at the same time, capable of the greatest evil.

Change will only come about when each of us takes up the daily struggle ourselves to be more forgiving, compassionate, loving, and above all joyful in the knowledge that, by some miracle of grace, we can change as those around us can change too.

~Mairead Maguire