

EXPLORING ALL SOULS – Small Group Ministry session
BELONGING IN COMMUNITY: BEING A UNITARIAN UNIVERSALIST CONGREGANT
(adapted from the UU Society of Iowa City, IA,)

OPENING WORDS & CHALICE LIGHTING:

To be human is to be religious. To be religious is to make connections. To lead a meaningful life among the many competing forces of the 21st century, each of us need support in making meaningful re-connection to the best of our global heritage, the best in each other and the best in ourselves.

~ Rev. John Buehrens, UUA president 1993-2001

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

CHECK IN: How is it with your spirit? What did you leave behind to be here today?

READING OF GROUP COVENANT We will be here for about an hour and while here, we will abide by a set of agreed upon ground rules (called a Covenant). For the sake of time, here are the proposed ground rules (covenant):

1. We will practice deep listening. This means we will simply listen when another talks without "cross talk" (commenting, interrupting, negating, or giving advice).
2. We will share the time equally and fairly.
3. We will share our reflections from our own personal experiences

FOCUS: Belonging in Community

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

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

We Unitarian Universalist have always united more on the basis of what Channing called “practical religion” rather than we have on any particular metaphysic or doctrine. By practical we mean supporting one another in our spiritual and ethical living, attempting to bear witness to our highest values in our everyday lives, and in that way having an influence on community life.

~ Rev. John Buehrens in A Chosen Faith

QUESTIONS:

1. What connections do you seek in being part of this UU community?
2. What keeps you coming and investing in the UU congregation? How have you been supported in your spiritual and ethical living?
3. What kind of commitments would you like to make to this congregation and how do you see yourself practically doing 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:

Sometimes our light goes out but is blown into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light.

~Dr. Albert Schweitzer, member, Church of the Larger Fellowship, Unitarian Universalist