

**FEAR** (adapted from the session developed by Patty Odom, UU North Atlanta Metro)

**OPENING WORDS & CHALICE LIGHTING:**

In the darkness we light a candle of hope. In pain we light a candle of forgiveness.

In loneliness we light a candle of warmth. In gratitude we light a candle of thanks.

In wonder we light a candle of praise.

Our separate lights become one that we may be nourished by its glow.

**PURPOSE:** We come together to build connections and 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:** **Fear** Each person speaks uninterrupted; if time remains, general response & conversation are welcome.

*No passion so effectually robs the mind of all its powers of acting and reasoning as fear.* - Edmund Burke

*Only when we are no longer afraid do we begin to live.* -Dorothy Thompson

*I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.* ~Rosa Parks

*Fear defeats more people than any other one thing in the world.* ~Ralph Waldo Emerson

*Don't fear failure so much that you refuse to try new things. The saddest summary of a life contains three descriptions: could have, might have, and should have.* ~Louis E. Boone

*The conquest of fear lies in the moment of its acceptance.* ~Unknown

*Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear.* ~Dale Carnegie

*You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.* ~Eleanor Roosevelt

Can fear have both a negative and positive impact on us in certain situations? Fear is one of our natural instincts of survival-the fight or flight instinct that can sometimes save our lives. Yet fear can also rule us and paralyze us from taking risk or action; from truly living. How do we manage the delicate balance of positive fear vs. negative fear? How do we face our deepest fears?

1. In which situations in your life has fear affected you positively? Negatively?
2. How do you face your fears and overcome them?
3. What things do you fear?

**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 the blessing of light be upon you, Light without and within.

May the blessed sunlight shine upon you, And warm your heart till it glows like a great fire,

So that strangers may come and warm themselves and also a friend.

May the light shine out of the eyes of you, like a candle set in the windows of a house

Bidding the wanderer to come in out of the storm.