

GETTING TO KNOW YOU (adapted from the session developed by the First Unitarian Church of San Jose)

OPENING WORDS & CHALICE LIGHTING:

“We gather this hour as people of faith, with joys and sorrows, gifts and needs.
We light this beacon of hope, sign of our quest for truth and meaning
In celebration of the life we share together.”
~Singing the Living Tradition #448 Christine Robinson

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: Getting to Know You

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

Some quotes for reflection:

"You can never really know someone completely. That's why it's the most terrifying thing in the world, really—taking someone on faith, hoping they'll take you on faith too. It's such a precarious balance, it's a wonder we do it at all. And yet.." ~Libby Bray

"Getting to know someone else involves curiosity about where they have come from, who they are."
~Penelope Lively

"Intimacy is being seen and known as the person you truly are." ~Amy Bloom

Sharing a Bit About Ourselves

1. Going around the circle, take one or two minutes to introduce yourself to the group. Your introduction may include information about where you live, how long you've been coming to All Souls, your family, your job, your hobbies, or any other facts you consider important.

After everyone has responded to the first part, consider part two:

2. Think of an object that is meaningful to you. It might be an object you treasure, find meaning in, or would like to have people know about. It might be symbolic of some part of your life journey or give others some special insight about you. Imagine you have brought that object to share today. Please share the story of that object. What does it express about you and your life? Why is it significant to you?

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:

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