

QUESTIONS AT THE END OF THE DAY (adapted from sessions developed by Rev. Glenn Turner, First UU Church, Auburn, ME)

OPENING WORDS & CHALICE LIGHTING:

Mindful of truth ever exceeding our knowledge, and community ever exceeding our practice
Reverently we covenant together, beginning with ourselves as we are
To share the strength of integrity and the heritage of the spirit
In the unending quest for wisdom and love.

~Walter Royal Jones, Jr., Reading #458 from Singing the Living Tradition

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. What are you leaving behind to be here today?

READING OF GROUP COVENANT

FOCUS: “Questions at the End of the Day”

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

“What if we were to pause, to take stock of the day -
at first glance a list, that rush of meals, appointments, shopping, calls, work?
What if we were to pause, and consider what really happened,
taking time for reflection, mining the ore inside the scattered stones?

What if we were to pause, to ponder the nuances of spoken words,
to feel the yearnings and savor the closeness of colleagues and friends?
Each day it’s that, or a drink, or the news, or bed. Unless we paused.” Rev. Glenn Turner

Questions for reflection (from “To Bless the Space Between us” by John O'Donohue) -

“What did I begin today that might endure?” “What differences did I notice in those closest to me?”
“Whom did I neglect?” “Where did I neglect myself?” “How were my conversations?”
“Where did my eyes linger today?” “Where was I blind?”
“Where was I hurt without anyone noticing?”
“What did I learn today?” “What new thoughts visited me?”

You may choose to reflect on one or several of these questions.

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 extinguish this flame, but not the light of truth,
The warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

~Elizabeth Selle Jones, Reading #456 from Singing the Living Tradition