

Reflections on Rumi's Poem – This Being Human (adapted from a SGM session developed by Rev. M'ellen Kennedy)

OPENING WORDS & CHALICE LIGHTING:

“We come together in an attitude of openness – not knowing quite what will happen
Yet daring to receive a new idea, a new experience, sustenance for our minds and hearts.
We come with an attitude of praise, expressing our thankfulness for the good which has come into our lives.
We come with an attitude of humility, knowing how much we need one another.
How alone we can be in the world, how vulnerable if we face life solely by ourselves.
We come in the spirit of love, seeking human warmth and fellowship in the hands and faces of those around us.
We come in the spirit of joy, seeking reconfirmation and renewal of life, of love and of hope.”
-adapted from Peter Lee Scott

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: Rumi's Poem “This Being Human”

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

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
Some momentary awareness comes as an unexpected visitor.
Welcome and entertain them all
Even if they're a crowd of sorrows,
Who violently sweep your house of its furniture.
Still, treat each guest honorably,
He may be clearing you out for some new delight.
The dark thought, the shame, the malice,
Meet them at the door laughing, and invite them in.
Be grateful for whoever comes,
Because each has been sent
As a guide from beyond. By Rumi, 13th century Sufi poet

Discussion Questions:

What “guest” is it especially hard for you to treat honorably?
What “new arrival” at the door frightens you?
How has some “unexpected visitor” or part of yourself actually enriched your life?

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 have created a circle of learning and caring.
May we continue to walk and work together,
Welcoming new folks at the table.
May each of us grow into our own sense of ourselves,
Listening to and learning from each other.
May we continue to create a strong ministry in our congregation
Healing our broken, aching world, one group at a time. — Rev. M'ellen Kennedy