

SPIRITUAL GROWTH (adapted from the session developed by Rev. Amy Bowden Freedman)

OPENING WORDS & CHALICE LIGHTING:

We are here to grow in wisdom and learn how to love better.
As we do this in our own ways, we slowly become a blessing to those around us and a light to the world.
-Rachel Naomi Remen

PURPOSE: We come together to build connections and to 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. How is it with you today?

READING OF GROUP COVENANT

FOCUS: Sharing and Deep Listening on the topic: *Spiritual Growth*
Each person in the group speaks uninterrupted; if time remains, general response and conversation are welcome.

Some thoughts on the meaning of the word “spiritual”

From Merriam-Webster:

Of or relating to sacred matters; concerned with religious values; relating to or affecting the spirit; from Latin – of breathing, of wind

*"By spiritual, I mean the ancient and abiding **human quest for connectedness** with something larger and much more trustworthy than our egos—with our own selves, with one another, with the worlds of history and nature, with the invisible winds of the spirit, and with the mystery of being alive."* ~Parker Palmer

“Spirituality exists wherever we struggle with the issue of how our lives fit into the greater cosmic scheme of things. This is true even when our questions never give way to specific answers or give rise to specific practices such as prayer or meditation. We encounter spiritual issues every time we wonder where the universe comes from, why we are here, or what happens when we die. We also become spiritual when we become moved by values such as beauty, love, or creativity that seem to reveal a meaning or power beyond our visible world. An idea or practice is "spiritual" when it reveals our personal desire to establish a felt-relationship with the deepest meanings or powers governing life.” ~Robert C. Fuller

“...humans have a spiritual dimension, broadly defined – a yearning for meaning and purpose, a connection to the rest of humanity and life on Earth, a sense of existential wonder and mystery. Whether expressed theistically or secularly, it is a part of being fully human.” ~Roberta Nelson, UU World, Fall 2007

How do you define the term “spiritual”?

Are there books or teachings that you read, study or follow for inspiration and guidance?

Is community important for your spiritual growth?

How might you be more intentional in your spiritual direction?

How can this group encourage our spiritual growth?

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 we go forth from this place thankful for the life that sustains and renews us, and open to the grace that surrounds and surprise us. May we go forth from this place with openness and with thanksgiving.” ~Charles A. Howe