

The Seven UU Principles *(Exploring All Souls Small Group Ministry Session)

OPENING WORDS & CHALICE LIGHTING

O light of life, be kindled again in our hearts
As we meet together this morning to celebrate the joy of human community
Seeking a wholeness that extends beyond ourselves
~Samuel A. Trumbore

PURPOSE: We come together to build connections and talk about what deeply matters to us.

WELCOME AND INTRODUCTIONS: Welcome! We're glad you have all joined us this morning. This small group is simply an opportunity for us to get to know one another while sharing our experiences. We will begin with brief introductions. Going around the circle, I'd like to invite you each to tell us your name and, if you like, to put something in the bag that would keep you from being fully present right now. You can say what that is or simply put it in the bag and pass it on.

READING OF GROUP COVENANT: We will be here for about an hour and while here, we will abide by a set of agreed upon ground rules (called a Covenant). For the sake of time, here are the proposed ground rules (covenant):

1. We will practice deep listening. This means we will simply listen when another talks without "cross talk" (commenting, interrupting, negating, or giving advice).
2. We will share the time equally and fairly.
3. We will share our reflections from our own personal experiences.

Will you agree to abide by these ground rules (covenant) while we are here this today?

The UU Seven Principles:

We, the member congregations of the Unitarian Universalist Association Covenant to Affirm and Promote:

1. The inherent worth and dignity of every person;
2. Justice, equity, and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within in our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

SHARING:

Which UU Principle speaks most directly to you?

Tell about an experience you have had that highlighted that principle for you. How did it feel?

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.

CLOSING: I'd like to thank each of you for sharing, for taking the time to be with us in this circle. Please share – with one or two words - about how you feel as we close our session and what you learned. .

CLOSING WORDS

Spirit of Life, come unto me. Sing in my heart all the stirrings of compassion.
Blow in the wind, rise in the sea, move in the hand, giving life the shape of justice.
Roots hold me close, wings set me free; Spirit of Life, come to me, come to me.
~Singing the Living Tradition # 123