

THIS I BELIEVE (~adapted from a session developed by the UU Church at Washington Crossing, Titusville, NJ)

CHALICE LIGHTING & OPENING WORDS

“I don’t know whether I believe in a future life. I believe that all that you go through here must have some value, therefore there must be some reason. And there must be some “going on.” How exactly that happens I’ve never been able to decide. There is a future—that I’m sure of. But how - that I don’t know. And I came to feel that it didn’t really matter very much because whatever the future held you’d have to face it when you came to it, just as whatever life holds you have to face it exactly the same way.”

Eleanor Roosevelt

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: This I Believe

This I Believe is based on a 1950s radio program of the same name, hosted by acclaimed journalist Edward R. Murrow. In creating *This I Believe*, Murrow said the program sought "to point to the common meeting grounds of beliefs, which is the essence of brotherhood and the floor of our civilization." Each day, millions of Americans gathered by their radios to hear compelling essays from the likes of Eleanor Roosevelt, Jackie Robinson, Helen Keller, and Harry Truman as well as corporate leaders, cab drivers, scientists, and secretaries— anyone able to distill into a few minutes the guiding principles by which they lived. Their words brought comfort and inspiration to a country worried about the Cold War, McCarthyism, and racial division.

Consider the following questions and reflect on any that you choose to:

- What are your core, guiding principles and beliefs?
- Do your beliefs have a “common meeting ground” with others as Murrow suggested?
- Do you have positions on the “mysteries of life” – “God” or other supreme being? An afterlife? The origins of life?
- Why church?
- Where (or do you) find “the sacred”, the holy or spiritual

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:

“And the important thing was that you never let down doing the best that you were able to do—it might be poor because you might not have very much within you to give, or to help other people with, or to live your life with. But as long as you did the very best that you were able to do, then that was what you were put here to do and that was what you were accomplishing by being here.

And so I have tried to follow that out—and not to worry about the future or what was going to happen. I think I am pretty much of a fatalist. You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give.”

Eleanor Roosevelt