

	<p>Unitarian Universalist Small Group Ministry Network Website Acceptance Starr King Church Wednesday Afternoon Small Group Ministry, Bev Powell June 13, 2018</p>
<p>Opening and Chalice Lighting (1 minute)</p>	<p>May the light of this chalice remind us to be here now, in the present moment - to know that this moment is enough just as it is; that we are enough, just as we are; and that an eternal spirit sustains us no matter how often our own spirits may flicker or falter.</p>
<p>Sharing/Check-in (24 min, 3 min each)</p>	<p><i>Take this time to share how you are spiritually, psychologically, emotionally and/or physically.</i></p>
<p>Quiet Reflection (1 min)</p>	<p>Let nothing disturb thee, Nothing affright thee; All things are passing.... <i>–Saint Teresa of Avila, Spanish poet and nun</i></p>
<p>Topic Readings (2 min)</p>	<p>My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations. <i>–Michael J. Fox</i></p> <p>Acceptance is not love. You love a person because he or she has lovable traits, but you accept everybody just because they're alive and human. <i>–Albert Ellis</i></p> <p>Believing that something is wrong with us is a deep and tenacious suffering. <i>–Tara Brach, author of <u>Radical Acceptance</u></i></p> <p>It wasn't until I accepted myself just as I was in this moment, that I was free to change. <i>–Carl Rogers</i></p> <p>...In the moment of accepting, we're not condoning. We're just acknowledging the truth of what's here, with kindness. The reality is, if we can do that, it actually begins to free us so we can be in the next moment, and be a lot wiser. <i>–Tara Brach</i></p> <p>Acceptance looks like a passive state, but in reality it brings something entirely new into this world. That peace, a subtle energy vibration, is consciousness. <i>–Eckhart Tolle</i></p> <p>Everything I ever let go of has scratch marks all over it. <i>–Melody Beattie</i></p> <p>The keys to patience are acceptance and faith. Accept things as they are, and look realistically at the world around you. Have faith in yourself and in the direction you have chosen. <i>–Ralph Marston</i></p>

Topic Questions (2 min)	<p><i>Speak about this topic in any way that is comfortable to you. You may use these questions if they are helpful.</i></p> <ul style="list-style-type: none"> • Do acceptance and letting go play a role in your life? Do you think about these concepts regarding your life, relationships, strong feelings or goals? • Does non-acceptance cause you suffering? • What do you think about the idea of accepting or “entertaining” everything that comes your way, letting it “into your heart as if it were a guest?” • What are you holding on to, or chasing, when you don’t let go? What’s that state of being that sits between “holding on to something” and “chasing after something?” • What about the thought of “letting go” engages you? Is it something you deliberately try to incorporate in your activities?
Break/Quiet Reflection (5 min)	
Sharing/Deep Listening (40 min, 5 min each)	
Open Discussion (30 min)	<i>This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.</i>
Likes & Wishes (5 min)	<p><i>What went well in this session?</i></p> <p><i>What changes would you like to see in future sessions?</i></p>
Announcements/Business (5 min)	<i>Next session – Wednesday June 27, 2018: Potluck at Marge Schwab’s House, 2256 Stanton Hill Road, Castro Valley</i>
Closing Reading/ Extinguish Chalice (2 min)	<p>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.</p> <p>Welcome and entertain them all. Even if they’re a crowd of sorrows who violently sweep your house empty of its furniture.</p> <p>Still treat each guest honorably; He may be clearing you out for some new delight.</p> <p>The dark thought, the shame, the malice, meet them at the door laughing, and invite them in.</p> <p>Be grateful for whoever comes, because each has been sent as a guide from beyond. – <i>Rumi</i></p>