

Unitarian Universalist Small Group Ministry Network Website
SMALL GROUP SESSION
ASKING FOR HELP
First Unitarian Church of San Jose

OPENING WORDS & CHALICE LIGHTING:

A little boy was having difficulty lifting a heavy stone.
His father came along just then.
Noting the boy's failure, he asked, "Are you using all your strength?"
"Yes, I am," the little boy said impatiently.
"No, you are not," the father answered.
"I am right here just waiting, and you haven't asked me to help you."

CHECK IN: (40 - 50 minutes)

What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing.

Each person in the group speaks uninterrupted, if time remaining, general response and conversation is welcome. Confidentiality.

FOCUS: Asking for Help

(Let each group member read a section.)

A dragon was pulling a bear into its terrible mouth.
A courageous man went and rescued the bear.
There are such helpers in the world, who rush to save anyone who cries out.
Like Mercy itself,
they run toward the screaming.
And they can't be bought off.

If you were to ask one of those, "Why did you come so quickly?" he or she would say, "Because I heard your helplessness."

Where lowland is,
that's where water goes. All medicine wants is pain to cure

And don't just ask for one mercy.
Let them flood in. Let the sky open under your feet.
Take the cotton out of your ears, the cotton
of consolations, so you can hear the sphere-music...

Accept your new good luck.

Give your weakness
to one who helps.

Crying out loud and weeping are great resources.
A nursing mother, all she does
is wait to hear her child.
Just a little beginning-whimper
and she's there.
God created the child, that is, your wanting
so that it may cry out, so that milk might come.

Cry out! Don't be stolid and silent with your pain. Lament! And let the milk
of loving flow into you.
The hard rain and wind are ways the cloud has to take care of us.
excerpts from Rumi

Discussion -

LIKES AND WISHES

How did this session go for you? Is there anything you'd like to call particular attention to?

CLOSING WORDS:

May we share with our Beloved Community not only the help we have to offer but the blessings
of our expressed needs that strengthen and enrich our circle. Amen. Blessed be.

Submitted to the UU SGM Website by Rev. Glenn Turner