

## SMALL GROUP SESSION

### BEING ALONE

Glenn Turner, First Unitarian Universalist Church, Auburn, ME

#### OPENING WORDS & CHALICE LIGHTING:

When we are silent together, it is like being alone.

We withdraw into ourselves and cherish the silence.

And when the silence ends, for a few moments we are alone together.

Then when we speak, speech comes from a deeper source.

Gibran wrote: "Let there be spaces in our togetherness."

What happens in those spaces?

"Let the winds of the heavens dance between you," he wrote.

What are they telling you?

GHT

#### 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: What Kind of Time Do You Need Alone?

Some of us are introverts needing time alone to reflect, think things through, and recharge our spirits; some of us, extraverts needing time with others to be energized and give expression to our energy both verbally and physically. To a greater or lesser degree, we need both. This session we're focusing on being alone

#### Discussion:

When do you seek out time to be alone?

What do you do with your alone time?

What is <sup>3</sup>quality<sup>2</sup> alone time to you? How does that differ from <sup>3</sup>down<sup>2</sup> time?

Does it affect your life to not have time alone? How?

#### LIKES AND WISHES

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

#### CLOSING WORDS:

"We must reserve a little back-shop, all our own, entirely free, wherein to establish our true liberty and principal retreat and solitude."

Montaigne