

Unitarian Universalist Small Group Ministry Network Website  
Small Group Ministry Session

**Changes**

Sanctuary Boston, MA, December 8, 2015

**Gathering, Welcoming** (2 minutes)

**Chalice lighting & Opening words** (1 minute)

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

— *Maria Robinson*

**Covenant** (1 minute)

- confidentiality
- respect our time together, beginning and ending on time
- keep discussion focused on topic
- invitation but not expectation to share
- speak from your own experience
- assume good intentions
- commitment to 5 weeks
- address conflict directly and in the group
- refrain from talking at people

**Check-in** (2–3 minutes each @ 20 minutes)

**Reading** (2 minutes)

If you don't like something change it; if you can't change it, change the way you think about it.

— *Mary Engelbreit*

Keep your thoughts positive, because your thoughts become your words.

Keep your words positive, because your words become your behavior.

Keep your behavior positive, because your behavior become your habits.

Keep your habits positive, because your habits become your values.

Keep your values positive, because your values become your destiny.

— *Mahatma Gandhi; Open Your Mind, Open Your Life: A Book of Eastern Wisdom*

In my mind  
In a future five years from now  
I'm one hundred and twenty pounds  
And I never get hung over  
Because I will be the picture of discipline  
Never minding what state I'm in  
And I will be someone I admire  
And it's funny how I imagined  
That I would be that person now  
But it does not seem to have happened  
Maybe I've just forgotten how to see  
That I am not exactly the person that I thought I'd  
be  
And in my mind  
In the faraway here and now  
I've become in control somehow  
And I never lose my wallet  
Because I will be the picture of of discipline  
Never fucking up anything  
And I'll be a good defensive driver  
And it's funny how I imagined  
That I would be that person now  
But it does not seem to have happened  
Maybe I've just forgotten how to see  
That I'll never be the person that I thought I'd be  
And in my mind  
When I'm old I am beautiful  
Planting tulips and vegetables  
Which I will mindfully watch over  
Not like me now

— *Amanda Palmer, In My Mind*

I'm so busy with everything  
That I don't look at anything  
But I'm sure I'll look when I am older  
And it's funny how I imagined  
That I could be that person now  
But that's not what I want  
If that's what I wanted  
I'd be giving up somehow  
How strange to see  
That I don't wanna be the person that I want to be  
And in my mind  
I imagine so many things  
Things that aren't really happening  
And when they put me in the ground  
I'll start pounding the lid  
Saying I haven't finished yet  
I still have a tattoo to get  
That says I'm living in the moment  
And it's funny how I imagined  
That I could win this, winless fight  
But maybe it isn't all that funny  
That I've been fighting all my life  
But maybe I have to think it's funny  
If I wanna live before I die  
And maybe it's funniest of all  
To think I'll die before I actually see  
That I am exactly the person that I want to be  
Fuck yes  
I am exactly the person that I want to be

### **First response** (20 minutes)

Take a moment of silence and consider these questions.

Is there something that you would like to change? A habit? A thought pattern?

What is your previous experience with these type of changes?

If relevant, what did you change over the last month? How did it go? What did you learn?

Please respond to whichever question or questions you feel moved to answer. It is not necessary to respond to all of the questions. You may also respond to any of the readings that you find to be particularly meaningful.

### **Snack break** (5 minutes)

### **Cross-conversation** (30 minutes)

This time is for you to respond to what other shared previously.

### **Business / Feedback** (5 minutes)

**Closing** (1 minute)

All The Woulda-Coulda-Shouldas

Layin' In The Sun,

Talkin' 'Bout The Things

They Woulda-Coulda-Shoulda Done...

But All Those Woulda-Coulda-Shouldas

All Ran Away And Hid

From One Little Did.

— *Shel Silverstein, Falling Up*