

Unitarian Universalist Small Group Ministry Network Website
Session Plan
Creativity
Unitarian Universalist Fellowship of Raleigh, NC, Chris Abbate, February 1, 2016

Chalice Lighting & Opening Thought:

There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique.

~ Martha Graham (1894 – 1991), American modern dancer and choreographer

Check-in: Name one or more things for which you are happy or joyful.

Topic: Creativity

“Creativity is piercing the mundane to find the marvelous.” -- **Bill Moyers**

“The highest prize we can receive for creative work is the joy of being creative. Creative effort spent for any other reason than the joy of being in that light filled space, love, god, whatever we want to call it, is lacking in integrity. . .” – **Marianne Williamson**

“Nobody cares if you can’t dance well. Just get up and dance. Great dancers are not great because of their technique, they are great because of their passion.” -- **Martha Graham**

“Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while. That's because they were able to connect experiences they've had and synthesize new things.” -- **Steve Jobs**

“Creativity often consists of merely turning up what is already there. Did you know that right and left shoes were thought up only a little more than a century ago?” -- **Bernice Fitz-Gibbon**

“Creativity is merely a plus name for regular activity. Any activity becomes creative when the doer cares about doing it right, or better.” -- **John Updike**

“Imagination is more important than knowledge. For while knowledge defines all we currently know and understand, imagination points to all we might yet discover and create.” -- **Albert Einstein**

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last you create what you will.” -- **George Bernard Shaw**

UUFRC Covenant Group

2/1/2016

“Don't think. Thinking is the enemy of creativity. It's self-conscious, and anything self-conscious is lousy. You can't try to do things. You simply must do things.”-- **Ray Bradbury**

Discussion Questions:

In what ways do you express your creativity?

Think of some times when you used creativity to solve a problem or address a situation. What was the experience and how did it make you feel?

Are there any ways you would like to be able to express yourself more creatively, but haven't been able to for one reason or another (time constraints, lack of resources, etc.)?

In what ways do you think your creativity could be enhanced?

What is the relationship between creativity and spirituality? How can creativity be used to express spirituality?

What are the benefits to you, to the people around you, or to society as a whole, of creativity?

Closing Thought:

from *For the Beauty of the Earth*

For the beauty of the earth, for the splendor of the skies,
for the love which from our birth over and around us lies,
source of all to thee we raise, this our hymn of grateful praise.

For the beauty of each hour, of the day and of the night,
Hill and vale, and tree and flower, Sun and moon and stars of light,
source of all to thee we raise, this our hymn of grateful praise.

For the joy of ear and eye, for the heart and mind's delight,
for the mystic harmony linking sense to sound and sight,
source of all to thee we raise, this our hymn of grateful praise.