

Unitarian Universalist Small Group Ministry Network Website
Unitarian Universalist Church in Eugene, OR, February 2013
Small Group Ministry Program
Empowerment

CHALICE OR CANDLE LIGHTING OR SOUND A CHIME (2 to 3 minutes for this and silence and opening words)

MOMENT OF SILENCE

OPENING WORDS

Being vulnerable doesn't have to be threatening. Just have the courage to be sincere, open and honest. This opens the door to deeper communication all around. It creates self-empowerment and the kind of connections with others we all want in life...Speaking truth helps you get clarity on your real heart directives.

-Sara Paddison

CHECK-IN (up to 20 to 30 minutes total with up to 2 to 3 minutes per person)

TOPIC AND SHARING (up to 70 minutes for readings, questions, a few minutes for reflection and making notes if desired, individual sharing, optional open discussion at the end if the group agrees, with an optional 5 minute break about midway in the session)

READINGS

Empowerment is the process of increasing the capacity of individuals or groups to make choices and to transform those choices into desired actions, and may involve increasing emotional, spiritual, physical, educational, economic, political, and social resources and skills.

-Multiple sources

Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't.

-Steve Mariboli

Find who you are in this world and what you need to feel good alone. I think that's the most important thing in life. Find a sense of self because with that, you can do anything else.

-Angelina Jolie

The most common way people give up their power is by thinking they don't have any.

-Alice Walker

When spiderwebs unite they can tie up a lion.

-Ethiopian proverb

The question isn't who's going to let me; it's who is going to stop me.

-Ayn Rand

QUESTIONS (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.)

1. What have you found or seen that contributes to lack of empowerment?

2. Give an example you have experienced of being empowered, and who or what facilitated that experience.
3. Share about a situation where “empowered by love” occurred.
4. Tell about a time when you contributed to another’s empowerment.

SHARING (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

ADMINISTRATIVE MATTERS (up to 5-10 minutes)

- Confirm next meeting date, time, location, and topic.
- Consider discussing the service project.
- Other

LIKES (celebrations, gratitudes, appreciations for needs met) and WISHES (mournings, requests, acknowledgements of needs not met)/CHECK-OUT (a few words or phrases from each who wants to share, up to 5 minutes total)

CLOSING WORDS (2 minutes for words, and closing)

If here you have found freedom, take it with you into the world. If you have found comfort, go and share it with others. If you have dreamed dreams, help one another, that they may come true! If you have known love, give some back to a bruised and hurting world. Go in Peace.

-Lauralyn Bellamy

EXTINGUISH THE CHALICE OR CANDLE OR SOUND A CHIME (and additional optional closing ritual if agreed to)

(Preparation for the facilitator. Please bring the SGM Facilitator Training Manual, paper and writing implements, the lesson plan, and your calendar/date book.)

Lesson plan prepared by the Small Group Ministry steering committee (Lyn Fischrup; Bonnie Koenig; Dick Loescher, chair; Leora White), December 1, 2012