

Unitarian Universalist Small Group Ministry Network Website
Families
Unitarian Universalist Fellowship of Athens, GA; David Jarrett

Chalice lighting:

For this one hour, Spirit of Life
we let go.
For this one hour,
may we let go of our anxieties,
our fears,
our anger,
our self-doubts,
our regrets,
our petty grievances,
and our distractions.
If only for this one hour,
let the flame of this chalice
burn them from our hearts and minds
and light our way to peace and serenity.
For this one holy hour.

Check in:

Opening:

...Families, whether biological or chosen, are what give most people's lives their shape. They produce enormous pain and joy and all the emotions in between for their members. Most of our happiest and most tragic experiences are somehow connected with family. Families are flawed, complex, intense organic units whose members often fail each other in important ways. But family affection is the glue that holds lives together.

Quotes:

1. Family is a unique gift that needs to be appreciated and treasured, even when they're driving you crazy. As much as they make you mad, interrupt you, annoy you, curse at you, try to control you, these are the people who know you the best and who love you.
Jenna Morasca
2. Spend some time this weekend on home improvement; improve your attitude toward your family. **Bo Bennett**
3. The family – that dear octopus from whose tentacles we never quite escape, nor, in our inmost hearts, ever quite wish to. **-Dodie Smith**
4. That's what people do who love you. They put their arms around you and love you when you're not so lovable. **-Deb Caletti**
5. At the end of the day, a loving family should find everything forgivable. **-Mark V. Olsen**
6. Family quarrels are bitter things. They don't go according to any rules. They're not like aches or wounds, they're more like splits in the skin that won't heal because there's not enough material. – **F. Scott Fitzgerald**
7. "When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned in seven years." – **Mark Twain**
8. No man has ever lived that had enough of children's gratitude or woman's love. –
William Butler Yeats

9. There's nothing that makes you more insane than family. Or more happy. Or more exasperated. Or more... secure. – **Jim Butcher**
10. To understand your parents' love, you must raise children yourself. – **Chinese proverb**
11. You can kiss your family and friends good-bye and put miles between you, but at the same time you carry them with you in your heart, your mind, your stomach, because you do not just live in a world but a world lives in you."80 – **Frederick Buechner**
12. [After a good dinner one can forgive anybody, even one's own relations. Oscar Wilde](#)
13. [Children begin by loving their parents; after a time they judge them; rarely, if ever, do they forgive them. Oscar Wilde](#)

Questions:

1. How would your parents describe you as a child?
2. What was your family life like when you were a child?
3. What did you really want as a kid but never received?
4. What is your happiest memory from your childhood? Most difficult memory?
5. What is one thing you never understood about your own mother or father?
6. What traits did you inherit from your mother or father?
7. What did you love most about your mother or father?
8. What do you wish you knew about your own mother or father?
9. Do you wish your relationship with them were different? Explain.

Likes and Wishes:

Future sessions:

Closing words:

By [Dawn Skjei Cooley](#)

Here may you know that you are lovable and that, indeed, you are loved. And may you carry that love out into the world as a blessing.