

Unitarian Universalist Small Group Ministry Network Website
SMALL GROUP SESSION
FINDING THE SILVER LINING
Rev. Glenn Turner, First UU Church, Auburn, Maine (August 2009)

OPENING WORDS & CHALICE LIGHTING:

“Something contradicting
sick and secret fears keeps saying:

If I would take this time,
climb up the rock
as clean day over earth
toward some new happening,

I could shout shafts of blue
into the mists,
send light down through
forests of the mind
to stir the dark alive.”

from “The Sound of Silence” by Raymond Baughan

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: “Finding the Silver Lining”

Here we are in a prolonged recession. We, our children, or our friends may have lost jobs, endured a foreclosure, seen our retirement accounts dwindle, and, to use an old phrase, have had to buckle our belts.

Discussion:

Have you found a silver lining in these dark clouds of depression?

Have you had to change your life style?

Are there virtues in being thrifty? In thinking green?

What are the opportunities for us as individuals or as a community in doing with less?

How can this change our relationships with others? Or, as Raymond Baughan put it: how can we “stir the dark alive”?

LIKES AND WISHES

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

CLOSING WORDS:

“I am doing something I learned early to do, I am
paying attention to small beauties,
whatever I have - as if it were our duty to
find things to love, to bind ourselves to this world.²

from the poem “Little Things” by Sharon Olds, *Finding the Spirit Within* - Beacon Press