



SMALL GROUP MINISTRIES

Forgiveness

Starr King Church, Hayward, CA, Bev Powell

Wednesday afternoon group

12 Noon – 2 PM

May 9, 2018

Opening and Chalice Lighting (1 minute)

Where hate rules, let us bring love; where sorrow, joy.
Let us strive more to comfort others than to be comforted, to understand others, than to be understood, to love others more than to be loved.
For it is in giving that we receive, and in pardoning that we are pardoned.
- Attributed to St. Francis of Assisi

Sharing/Check-in (30 min, 3 min each)

Take this time to share how you are spiritually, psychologically, emotionally, and physically.

Quiet Reflection (1 min)

There is pleasure when a sore is scratched, But to be without sores is more pleasurable still. Just so, there are pleasures in worldly desires, but to be without desires is more pleasurable still. – *Ved Vyasa*

Topic Readings (5 min)

To be angry is to let others' mistakes punish yourself. To forgive others is to be good to yourself. – *Master Cheng Yen*

Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness. - *Marianne Williamson*

Bondage and Liberation are of the mind alone. - *Ramakrishna Paramahansa*

Not only is love for the giving, it is also forgiving.
- *Wedding Liturgy*

The weak can never forgive. Forgiveness is the attribute of the strong. - *Mahatma Gandhi*

Once a woman has forgiven her man, she must not reheat his sins for breakfast. - *Marlene Dietrich*

To forgive is to set a prisoner free and discover that the prisoner was you. - *Louis B. Smedes*

There is no love without forgiveness, and there is no forgiveness without love. - *Bryant H. McGill*

	Always forgive your enemies - nothing annoys them so much. - <i>Oscar Wilde</i>
Topic Questions (2 min)	<p>Speak about this topic in any way that is comfortable to you. You may use these questions if they are helpful.</p> <ul style="list-style-type: none"> • What does forgiveness mean to you? • What would make it easier for you forgive another? What makes it difficult? • Are some things unforgivable? • What is the difference between forgiveness and reconciliation? • How does forgiveness happen? • Has forgiveness (or lack of forgiveness) affected your life? In what ways? • Has giving or receiving forgiveness changed you?
Break/Quiet Reflection(5 min)	
Sharing/Deep Listening (32 min, 4 min each)	
Open Discussion (32 min)	<i>This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.</i>
Likes & Wishes (10 min)	<p><i>What went well in this session?</i></p> <p><i>What changes would you like to see in future sessions?</i></p>
Announcements/Business (2 min)	<p><i>Please read emailed reading: Nine Steps to Forgiveness</i></p> <p><i>Next session – Wednesday May 23, 2015: Anger</i></p> <p><i>Service Project scheduling?</i></p>
Closing Reading/ Extinguish Chalice (1 min.)	<p>Forgive us that often we forgive ourselves so easily and others so hardly;</p> <p>Forgive us that we expect perfection from those to whom we show none;</p> <p>Forgive us for repelling people by the way we set a good example;</p> <p>Forgive us the folly of trying to improve a friend;</p> <p>Forbid that we should use our little idea of goodness as a spear to wound those who are different;</p> <p>Forbid that we should feel superior to others when we are only more shielded;</p> <p>And may we encourage the secret struggle of every person.</p> <p>-<i>Vivian Pomeroy</i></p>