



SMALL GROUP MINISTRIES

Unitarian Universalist Small Group Ministry Network Website

Friendship

Starr King UU Church, Hayward, CA; Bob Britton

Wednesday afternoon group, 12 Noon - 2 PM

October 11, 2017

In the presence of compassionate non-judgmental listening and sharing miracles happen. – Marianne Williamson

Opening and Chalice Lighting

(1 min)

Oh, the comfort, the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words but pouring them all right out – just as they are – chaff and grain together, certain that a faithful hand will take and sift them, keep what is worth keeping – and with the breath of kindness, blow the rest away. - From Dinah Maria Mulock Craik

Sharing/Check-In

(27 min – 3 min ea.)

Take this time to share how you are spiritually, psychologically, emotionally, and physically. We want to know how you are in this moment.

Quiet Reflection

(1 min)

Friend: the one who sees the beauty, even in the brokenness, and reflects that to us, like a mirror. – Rev Kim K. Crawford Harvie

Topic Readings

(5 min)

Friends are those who treat you kindly behind your back. - Unknown

It's the friends you can call up at 4 a.m. that matter. – Marlene Dietrich

Friendship with oneself is all-important because without it one cannot be friends with anyone else in the world. – Eleanor Roosevelt

She is a friend of mind. She gather me man. The pieces I am, she gather them and give them back to me in all the right order. It's good, you know, when you got a woman who is a friend of your mind. – from Beloved by Toni Morrison

Friendship is born at that moment when one person says to another, "What! You too? I thought I was the only one." – C.S. Lewis

It is not lack of love, but a lack of friendship that makes unhappy marriages. - Nietzsche

My friends are my estate. – Emily Dickinson

When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of powerlessness. - Henri Nouwen

**Topic Readings
Cont'd**

Love is blind. Friendship tries not to notice. - Anonymous

The best time to make friends is before you need them. - Ethel Barrymore

Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born. – Anais Nin

**Break/ Quiet
Contemplation (5 min)**

**Sharing/Deep
Listening
(45 min – 5 min ea.)**

Speak about this topic in any way that is comfortable to you. If you choose to use the questions, focus on just one or two, as this will allow you to explore the topic in more depth.

- What are the qualities you value most in a friendship?
- How would you describe the friendships that have lasted long and that you most value?
- How are you a good friend?
- What were your childhood friendships like?
- Was there an important friendship you had that did not endure? Why do you think it ended?
- Have you ever experienced a toxic friendship? Signs of a toxic friendship may include manipulation, boundary violations, and lack of mutuality.
- What gifts do you think your friends would say you offer them?

**Open Reflection
(15 min)**

This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared. Please try to respond to others without judgment. In your comments and thoughts, attempt to include everyone in the conversation.

**Service Projects
(10 min)**

Let's review our service project of last Sunday and look towards November 12th food and coffee service.

We also can also discuss future service projects.

**Likes & Wishes
(5 min)**

What did you appreciate about today's session– in yourself, in others, in the gathering as a whole? What would you like to see change in the future?

Announcements (1 min) Next session Wednesday October 25, 2017 – **Failure**

Closing Hymn/

From our hymnal #346 *Come, Sing a Song with Me*

Extinguish the Chalice Words and music by Carolyn McDade
(5 min)