

Unitarian Universalist Small Group Ministry Network Website

Grace

Unitarian Universalist Congregation of Cookeville
Cookeville, TN, September 2020

Chalice Lighting:

Tonight, as we light our chalice, may it illuminate
the compassion in our hearts,
the tenderness we carry with us,
and the strength in our vulnerability.

Check-in: Mind, body, spirit. This is a time to share and/or reflect silently on how you are doing emotionally, physically, and spiritually.

Opening Words: No summer ever came back, and no two summers ever were alike. Times change, and people change; and if our hearts do not change as readily, so much the worse for us. - Nathaniel Hawthorne

Meditative Moment: *Meditation of Broken Hearts*, Tom Rhodes

Topic: Grace

Readings: "Grace to the Rescue", by Myriam Renaud
<https://www.uuworld.org/articles/grace-rescue>

Questions: How do you define grace? Or how have you defined it in the past? Have you ever experienced Weinman's "creative interchange"? In other words, have you ever witnessed a mundane task becoming a spiritual experience when given new meaning? What is your interpretation of "God"? And how does that influence your interpretation of "grace"? How does grace present itself in your day-to-day?

Sharing: This is the time we take to practice sharing and deep listening. Please use this time to respond to the readings and/or questions. Save conversations and responses to others' comments for the open discussion portion. Remember we are here to practice listening, not to practice saving, fixing, or setting each other straight. (And silence is okay sometimes).

Open Discussion: This is a time to respond to others' comments and continue the conversation about the topic.

Closing Words: The sacred is present and available to us wherever we look or are willing to find it. If we remain open and expectant - watching out of the corners of our eyes, keeping our ears cocked, putting away all preconceived ideas - our lives will emanate the sacred. - *Abhi Prakash Janamanchi*

Check-out: How are you feeling now? Is there anything from this session that you plan to take with you into the rest of the week?

Announcements: