



Welcome, Chalice Lighting: *Here we are, together in this space. By our love and by our covenant, we make this a holy place. We light the chalice of Unitarian Universalism in honor of the light that lives in each of us, the light that shines among us, and the light we bring into the world.*

Personal Check In: Briefly share something from your life since we last met and how you are feeling now.

Opening Words: How great it is when we come to know that times of disappointment can be followed by joy; that guilt over falling short of our ideals can be replaced by pride in doing all that we can; and that anger can be channeled into creative achievements... and into dreams that we can make come true. ~ Fred Rogers, *The World According to Mister Rogers: Important Things to Remember*

Questions to prompt and guide discussion:

1. How is guilt useful?
2. What are the times or places when guilt is inappropriate?
3. How would you differentiate between guilt and conscience, or guilt and shame?
4. Is a sense of "entitlement" ever used to rationalize away guilt?
5. If you don't feel guilty, what do you feel and what do you do when you have harmed another or yourself?

Readings- Words from the Common Bowl: Quotes/Readings (see below)

Sitting in Silence (Reflect on questions just posed as you prepare to hear readings)

Sharing - This is a time to speak without interruption and for deep listening. Deep listening means no interrupting, no fixing, no saving, no advising, and no setting each other straight. Please share one or more responses to the session questions.

(This is usually a good time to take a brief break)

Open Discussion -This is a time to respond to something another person said about the topic or to relate additional thoughts that may have occurred as others shared their thoughts on this topic. Continue to practice deep listening.

Closing reading:

Chronic remorse, as all the moralists are agreed, is a most undesirable sentiment. If you have behaved badly, repent, make what amends you can and address yourself to the task of behaving better next time. On no account brood over your wrongdoing. Rolling in the muck is not the best way of getting clean.

~Aldous Huxley, *Brave New World*

Announcements/Plans

Check out: As we close today, how are you feeling now?

Extinguish the Chalice

Readings

Definition: "Guilt" is a cognitive or an emotional experience that occurs when a person believes or realizes—accurately or not—that he or she has compromised his or her own standards of conduct or has violated a universal morality standard and bears significant responsibility for that violation. – *Wikipedia*

No guilt is forgotten so long as the conscience still knows of it. ~Stefan Zweig

Guilt upon the conscience, like rust upon iron, both defiles and consumes it, gnawing and creeping into it, as that does which at last eats out the very heart and substance of the metal. ~Bishop Robert South

What is guilt? It is moral self-reproach--I did wrong when it was possible to have done otherwise.
~Nathaniel Branden

Maybe there's more we all could have done, but we just have to let the guilt remind us to do better next time.
~Veronica Roth, *Divergent*

Calvin: There's no problem so awful, that you can't add some guilt to it and make it even worse.
~Bill Watterson, *The Complete Calvin and Hobbes*

There are two kinds of guilt: the kind that drowns you until you're useless, and the kind that fires your soul to purpose. ~Sabaa Tahir, *An Ember in the Ashes*

My guiding principle is this: Guilt is never to be doubted. ~Franz Kafka

If we are going to be kind, let it be out of simple generosity, not because we fear guilt or retribution.
~J.M. Coetzee, *Disgrace*

Every man is guilty of all the good he did not do. ~Voltaire

Guilt is many things to many people. It is both a feeling and a function of the intellect; it can be either neurotic or natural. And it seems to have gone out of favor these days! And yet I like Mark Twain's comment, "Man (sic) is the only animal that blushes. Or needs to."
~Jane Bramadat, UU Minister

In the middle of the night, things well up from the past that are not always cause for rejoicing--the unsolved, the painful encounters, the mistakes, the reasons for shame or woe. But all, good or bad, give me food for thought, food to grow on.
~May Sarton, *At Seventy: A Journal*