

Unitarian Universalist Small Group Ministry Network Website  
Small Group Ministry Program  
Healing  
Unitarian Universalist Church in Eugene, OR, February 2016

CHALICE OR CANDLE LIGHTING OR SOUND A CHIME (2 to 3 minutes for this and silence and opening words)

MOMENT OF SILENCE

OPENING WORDS

Numerous are our origins, our paths, and our destinations. And yet, happily, our ways have joined together here today. May our joining be a blessing. May it bring comfort to those who are in pain. May it bring hope to those who despair. May it bring peace to those who tremble in fear. May it bring wisdom and guidance for our journeys. And though this joining may be for just a moment in time, the moment is all we can ever be certain of. May we embrace this, and every instant of our lives.  
-Adapted from Rev. Andrew Pakula, Unitarian minister

CHECK-IN (up to 20 to 30 minutes total with up to 2 to 3 minutes per person)

TOPIC AND SHARING (up to 70 minutes for readings, questions and requests, a few minutes for reflection and making notes if desired, individual sharing, optional open discussion at the end if the group agrees, with an optional 5 minute break about midway in the session)

READINGS

“Hearts are breakable,” Isabelle said. “And I think even when you heal, you’re never what you were before.”

-Cassandra Clare, *City of Fallen Angels*

Some people see scars, and it is the wounding they remember. To me they are the proof of the fact that there is healing.

-Linda Hogan, Native American author

Wounding and healing are not opposites. They're part of the same thing. It is our wounds that enable us to be compassionate with the wounds of others. It is our limitations that make us kind to the limitations of other people. It is our loneliness that helps us to find other people or to even know they're alone with an illness. I think I have served people perfectly with parts of myself I used to be ashamed of.

-Rachel Naomi Remen, American physician, author, and teacher.

A lot of people say they want to get out of pain, and I'm sure that's true, but they aren't willing to make healing a high priority. They aren't willing to look inside to see the source of their pain in order to deal with it.

-Lindsay Wagner, American actress and author

The wish for healing has always been half of health.

-Lucius Annaeus Seneca, Roman philosopher and statesman

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and in the life to come.

-Henri Nouwen, Dutch Catholic priest, writer, and theologian

The practice of forgiveness is our most important contribution to the healing of the world.

-Marianne Williamson, American spiritual activist and author

The greatest healing therapy is friendship and love.

-Hubert H. Humphrey, American politician

Healing comes from letting there be room for all of “this” to happen: room for grief, for relief, for misery, for joy.

-Pema Chodron, American Buddhist nun

I didn't expect to recover from my second operation but since I did, I consider that I'm living on borrowed time. Every day that dawns is a gift to me and I take it in that way. I accept it gratefully without looking beyond it. I completely forget my physical suffering and all the unpleasantness of my present condition and I think only of the joy of seeing the sun rise once more and of being able to work a little bit, even under difficult conditions.

-Henri Matisse, French artist

**QUESTIONS AND REQUESTS** (Please respond to any of the questions, requests, and readings you feel moved by. It is not necessary to respond to all of them.)

1. Share your experience with healing, and what was helpful in that process.
2. What physical, emotional, spiritual, social or ecological healing do you long for?
3. What interferes with healing?

**SHARING** (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

**ADMINISTRATIVE MATTERS** (up to 5-10 minutes). Alternatively, this agenda item can be done after the check-in, if the group decides to do that.

-Confirm next meeting date, time, location, and topic.

-Consider discussing the service project.

-Other

**LIKES** (celebrations, gratitudes, appreciations for needs met) and **WISHES** (mournings, requests, acknowledgements of needs not met)/**CHECK-OUT** (a few words or phrases from each person who wants to share, up to 5 minutes total)

**CLOSING WORDS** (2 minutes for words, and closing)

May we be filled with loving-kindness. May we be well. May we be peaceful and at ease. May we be happy.

-Loving Kindness meditation

**EXTINGUISH THE CHALICE OR CANDLE OR SOUND A CHIME** (and additional optional closing ritual if agreed to)

(Preparation for the facilitator. Please bring the SGM Facilitator Training Manual, paper and writing implements, the session plan, and your calendar/date book.)

Session plan prepared by the Small Group Ministry steering committee 2015-2016 (Bonnie Koenig; Dick Loescher, chair; Connie Newman).

February 8, 2016