

Unitarian Universalist Small Group Ministry Network Website
Helping Others and Being Helped
Written by Rhye Gray, Unitarian Church of Baton Rouge, LA 2009

Opening Words

"We are all healers who can reach out and offer health, and we are all patients in constant need of help. "

- Henri Nouwen

CHECKING IN: What do you need to share to be fully present?

DISCUSSION QUESTIONS:

1. What do you need or expect from your religious community when you are ill (having surgery, in the hospital)? What kind of caring do you expect or need?
2. How did you feel about your past experiences being helped by or helping others?
3. What do you hope to offer to each other (in this branches group) in times of need?

Checking-Out: How was this session topic for you?

Closing Words

The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around.... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing. ~Larry Dossey

In Compassion lies the world's true strength. – Buddha