

## **Heroes and Heroines**

Lesson plan session 6. March 2013

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

MOMENT OF SILENCE

OPENING WORDS

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

-Albert Schweitzer

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, 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

A hero is someone who has given his or her life to something bigger than oneself.

-Joseph Campbell

How important it is to recognize and celebrate our heroes and she-roes!

-Maya Angelou

A hero is no braver than an ordinary man, but he is brave five minutes longer.

-Ralph Waldo Emerson

A hero is someone who understands the responsibility that comes with his freedom.

-Bob Dylan

Show me a hero and I'll write you a tragedy.

-F. Scott Fitzgerald

I learned how fast you can go from being an international hero to being a reference in a joke on a late night talk show.

-Michael Phelps

The heroine must become a spiritual warrior...to work toward the larger quest of bringing people together, rather than her own individual gain. This is the sacred marriage of the feminine and masculine—when a woman can truly serve not only the needs of others but can value and be responsive to her own needs as well.

-Maureen Murdock

Did ever you know that you're my hero?

-From the song "The Wind Beneath My Wings", by Jeff Silbar and Larry Henley

There are two kinds of heroes. Heroes who shine in the face of great adversity, who perform an amazing feat in a difficult situation. And heroes who live among us, who do their work unceremoniously, unnoticed by many of us, but who make a difference in the lives of others. -  
Susilo Bambang Yudhoyono

QUESTIONS (Please respond to whichever question or questions you feel moved to answer. It is not necessary to respond to all of the questions. You may also respond to any of the readings that you find to be particularly meaningful.)

1. Who have been heroes or heroines of yours, and what did you admire about them?
2. Tell about something you have done that was inspired by your heroes or heroines.
3. What was it like for you to be a hero or heroine to someone else?

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)

- Confirm next meeting date, time, location, and topic.
- Consider discussing the service project.
- Review the UUCE SGM Covenant of Right Relationship as a check on how the group is doing with the agreements made in the first meeting.
- Offer feedback about the facilitation and the SGM program so far.
- 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 who wants to share, up to 5 minutes total)

CLOSING WORDS (2 minutes for words, and closing)

As we remember with appreciation our heroes and heroines, we also remember that any of us might be a hero or heroine to another. Heroes and heroines are not perfect, except in fantasy. May we be humble, compassionate, proud, and courageous with our experience of honoring and being honored as heroes and heroines.

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 lesson plan, and your calendar/date book.)

Lesson plan prepared by the Small Group Ministry steering committee (Lyn Fischrup; Bonnie Koenig; Dick Loescher, chair; Leora White), January 31, 2013.