



SMALL GROUP MINISTRIES

Unitarian Universalist Small Group Ministry Network Website

## Hope

**Starr King UU Church, Hayward, CA; Bob Britton**

**Wednesday afternoon group**

**12 Noon – 2 PM**

**July 26, 2017**

*Hope is a waking dream. – Aristotle*

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### **Opening and Chalice Lightings** (2 min)

Look to this day!  
For it is life, the very life of life.  
In its brief course lie all the verities and realities of our existence:  
The bliss of growth,  
The glory of action,  
The splendor of beauty;  
For yesterday is but a dream,  
And tomorrow is only a vision;  
But today, well lived, makes every yesterday  
A dream of happiness  
And every tomorrow a vision of hope.  
Look well, therefore, to this day.

Attributed to Kalidasa (3<sup>rd</sup> Century Hindu Priest)

### **Sharing/Check-In** (20 min – 2 min ea.)

*Take this time to share how you are spiritually, psychologically, emotionally, and physically. We want to know how you are in this moment.*

### **Quiet Reflection** (1 min)

Where there's hope, there's life. It fills us with fresh courage and makes us strong again. We'll need to be brave to endure the many fears and hardships and the suffering yet to come. – Anne Frank

### **Topic Readings** (5 min)

They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for. — Tom Bodett

Blessed is he who expects nothing, for he shall never be disappointed.  
— Alexander Pope

It's amazing how a little tomorrow can make up for a whole lot of yesterday.  
— John Guare

You can cut all the flowers but you cannot keep Spring from coming.  
— Pablo Neruda

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. - Helen Keller

Hope doesn't come from calculating whether the good news is winning out over the bad. It's simply a choice to take action. - Anna Lappe

Where there is no vision, there is no hope - George Washington Carver

## Topic Readings –cont'd

To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness... If we see only the worst, it destroys our capacity to do something... The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory. – Howard Zinn

## Break/ Quiet Contemplation (5 min)

## Sharing/Deep Listening

(50 min - 5 min ea.)

*Speak about this topic in any way that is comfortable to you. If you choose to use the questions, focus on just one or two, as this will allow you to explore the topic in more depth.*

- What gives you hope?
- What does hope feel like to you?
- How do you experience hope in your life?
- Can you describe in your life a time when you felt hopeless such that you couldn't work through a problem, issue or relationship? How did that work out?
- Can you describe a time in your life when you dared to hope and that gave you strength to persevere through disappointments and discouragements?

## Open Reflection (20 min)

*This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.*

## Reviewing & Finalizing Our Covenant (10 min)

## Likes & Wishes (5 min)

*What did you appreciate about this gathering – in yourself, in others, in the Gathering as a whole? What would you like to see change at future gatherings?*

## Announcements (1 min) Next session August 9, 2017 - **Service**

## Closing Reading/ Extinguish Chalice (1 min)

“Hope” is the thing with feathers –  
That perches in the soul –  
And sings the tune without the words –  
And never stops – at all –

And sweetest – in the Gale – is heard –  
And sore must be the storm –  
That could abash the little Bird  
That kept so many warm –

I've heard it in the chilliest land –  
And on the strangest Sea –  
Yet – never – in Extremity,  
It asked a crumb – of me. – Emily Dickinson