

Unitarian Universalist Small Group Ministry Network
I am Still Me/Am I Still Me?
First Parish Church of Stow and Acton, MA April 2026

Opening Words and Chalice Lighting

"We light this chalice with an open heart;

We light this chalice with resolve.

We light this chalice with tears still fresh on our cheeks.

We light this chalice in hope, a tiny flame we nurture.

We light this chalice with reverence, for this place, for these people, for this time.

We light this chalice with all our soul's longing, to be who we are, to be who we will become, to be ourselves.

We light this chalice in self-love, in giving love, in holy love." — *Sarah Ruth Wekoye Davis*

Check-in/Sharing: Let's take a couple of minutes to check in with how you are feeling and what thoughts you bring with you approaching this session.
Brainstorm community service.

Topic: I am Still Me/Am I Still Me?

Sometimes we can only see who we truly are—and where we have come from—when we walk away from some part of ourselves and look back with fresh eyes.

If our future no longer matches expectations, whether ours or someone else's, we may find ourselves needing to rediscover who we are fundamentally.

When a part of our identity, or something we have been pouring our energy into, goes away, we might wonder if we are still ourselves and may need to dig deeply to find other parts of us that have been dormant.

In the Japanese concept of Kintsugi, broken pottery is repaired with gold—the piece isn't made to look like the original; instead, the breaks become a part of its history. Still the same bowl, its "essence" now includes the strength it took to stay together.

"I am still every age that I have been. Because I was once a child, I am always a child. Because I was once a searching adolescent, given to moods and ecstasies, these are still part of me, and always will be..." — *Madeleine L'Engle*

"I am still the same person. My body has changed, but my mind and my spirit are still the same. I have the same thoughts, the same dreams, and the same love for my family." — *Christopher Reeve*

"She knew this [change] was not about becoming someone better but about finally allowing herself to become who she'd always been." — *Anonymous*

“Life is a cycle and some cycles need to be shut down, because they no longer fit into your life. So close the door. Change the tune. Clean house. Stop being who you were so you can be who you’re meant to be.” — *Elle Sommer*

"I'm not the same person I was yesterday. I'm just a different version of the same person." — *John Lennon*

Possible Questions for Discussion

- When you think about yourself over time, do you see traces of the person you are right now in the child that you were? Does your younger self still exist? How?
- Did you ever hope to do or be something else? If so, can you explain what? What held you back? Is there room for any part of that in your future?
- Is there something about the experience of being you that is hard for people to understand? Have people made assumptions about you because of their perceptions of you?
- Do you have stories about roles you have had? Have people ever tried to stick you back in a role you have moved beyond?
- What situations have you been through where you struggled to find yourself or to convince yourself that you were still the same person?
- Has there ever been a time when leaving a situation actually made you realize how much it had become a part of you?

(Group will take a few minutes to consider topic and questions and then share).

Closing Words

“People say to me 'You've changed.' and I say 'Haven't you?' People change, it's just life.” — *Jake Bugg*