

Unitarian Universalist Small Group Ministry Network Website  
**“Inspiration”**  
Covenant Group Curriculum, River of Grass Unitarian Universalist  
Congregation, Davie, FL

**Opening Meditation/Music/Silence/Chalice Lighting** (whichever one(s) you choose to do)

**Opening Words:**

“There are moments of such poignant intensity and fullness, moments when part of the personality is mobilized into a single act or a single intuition, that they outweigh the contents of a whole tame lifetime.”

-Lewis Mumford

“In our ecstasies of nature and friendship, sex and the arts, sports and thinking, travel, deprivation, celebrating and work, we are a channel through which beautiful memorable experiences flow, and we forget ourselves as we become that channel.”

-Matthew Fox

**Check-in/Sharing**

**Topic/Readings:**

“If I feel physically as if the top of my head were taken off, I know it is poetry.”

-Emily Dickinson

“The only place where I feel the joy of imminent domain is in my woodlot. My spirits rise whenever I enter it. I can spend the entire day there with hatchet or pruning-shears making paths, without a remorse of wasting time. I fancy the birds know me, and even the trees make little speeches...”

-Ralph Waldo Emerson

“Who can experience Beethoven’s Seventh Symphony and not feel present at a great exultation of life for its own sake?”

-Matthew Fox

**Facilitator:** Please read these quotes aloud and ask the folks assembled to reflect for a moment on what and/or who inspires them. The above readings are offered as examples of inspiration, rather than as definitions. How do they define inspiration—what thoughts, words, emotions are associated with being inspired? Do they have a set practice or routine for being inspired, or does inspiration seem more like a surprise.

**Likes and Wishes/Feedback**

**Closing Words:**

“If we want to enter Heaven on Earth we need only one conscious step and one conscious breath.”

-Thich Nhat Hanh

Amen. May you live in blessing.