

Unitarian Universalist Small Group Ministry Network Website
Sapere Aude Small Group Ministry Session Plan

Is religion about what we value?

First Unitarian Universalist Society of Burlington, Vermont. Prepared by Ginger Hobbs, March 24, 2010

Welcome and Chalice Lighting

Religion is much more about what we love than about what we think. This emphasis on belief, especially on “true religion” being about correct belief, is a modern aberration.

Peter Morales, President, UUA, in *UU World*

Brief Check-ins

Opening Reading –

If we look at religions historically and across cultures, we discover that in fact belief has very little to do with religion. Some religious traditions, like Buddhism, have virtually no beliefs.

Actually, the very word “religion” comes from a Latin root that means to tie, to bind. Ultimately what ties us together, what makes us a religion, a united people, is what we love. Religion, our religion, is what we truly care about, what we want to preserve, embrace, and create.

The key to the future for every single congregation and for Unitarian Universalism as a movement is whether we can “get religion.”

Peter Morales, President, UUA, in *UU World*

A Moment of Silence....

Main Subject: Is this the sense in which Unitarian-Universalism is a religion?

Individual communing: 6 minutes per individual, 3 minutes of group response

Do you think it is true that belief has little to do with religion?

What do you love?

How does that connect you to Unitarian Universalism?

Is Unitarian Universalism primarily about values?

Open Discussion

Does a commitment to values rather than belief change how we interact with community?

Business:

Next meeting location: _____ Meeting Plan preparer: _____

Closing

“Practically speaking, humanism is not a religion, because most of us associate the word *religion* with a system that includes divinities and the supernatural. . . . Humanism is similar to a religion in the way that it involves shared values with efforts to organize a community and is essentially a way of life.

Greg M. Epstein, *good without God, What a Billion Nonreligious*