

SMALL GROUP SESSION

By the Rev. Glenn H. Turner

**LIFE STAGES 4: THE COLORS OF OUR LIVES**

**OPENING WORDS & CHALICE LIGHTING:**

“When we are writing, or painting, or composing, we are, during the time of creativity, freed from normal restrictions, and are open to a wider world, where colors are brighter, sounds clearer, and people more wondrously complex than we normally realize.”

- Madeleine L'Engle Walking on Water

**CHECK IN: (40 - 50 minutes)**

What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing.

Each person in the group speaks uninterrupted, if time remaining, general response and conversation is welcome. Confidentiality.

**FOCUS: The Colors of our Lives (45 minutes)**

Pass out paper and crayons, markers, etc. to each person in the group. The facilitator can say something like:

“Poet and author Mary Webb once wrote, “Green is the fresh emblem of well-founded hopes. In blue the spirit can wander, but in green it can rest.” Keeping in mind Madeleine L'Engle's thought that “during the time of creativity (we are) freed from normal restrictions,” let's take a few moments to think about our life story in terms of colors. What colors would depict our experiences in childhood or young adulthood? What colors would we use to describe our lives today? In previous sessions we've talked about our lives, but let's now look at them from another angle: the color of them.”

Encourage everyone to explore the three time-frames of their lives: childhood, adolescence, and early adulthood, up to the present day.

Take up to 15 minutes to create these color maps, then show them to one another without commentary, then discuss.

**LIKES AND WISHES**

How did this session go for you? Is there anything you'd like to call particular attention to?

**CLOSING WORDS:**

“Saying something is pitch black is like saying something is green. What kind of green? Green like my bottles? Green like a grasshopper? Green like a cucumber, lettuce, or green like the sky is just before it breaks loose to storm? Well, night black is the same way. Might as well be a rainbow.”

- Toni Morrison