

Unitarian Universalist Small Group Ministry Network Website
Unitarian Universalist Church in Eugene, OR
Small Group Ministry Program

Living With Uncertainty

Lesson plan session 8. April 2013

CHALICE OR CANDLE LIGHTING OR SOUND A CHIME (2 to 3 minutes for this and silence and opening words)

MOMENT OF SILENCE

OPENING WORDS

In the midst of uncertainty we hope and long for continuity, and for change. We hope and long for the inner strength, resilience, and resources, and also the outer support and help to cope with things being the same, and with things changing. May our time together be a source of comfort and growth as we seek and encounter both continuity and change.

CHECK-IN (up to 20 to 30 minutes total with up to 2 to 3 minutes per person)

TOPIC AND SHARING (up to 70 minutes for readings, questions, a few minutes for reflection and making notes if desired, individual sharing, optional open discussion at the end if the group agrees, with an optional 5 minute break about midway in the session)

READINGS

Examples of some well-being, life-enhancing, empowering strategies from various sources.

1. Providing for basic life survival physical needs.
2. Finding meaning and purpose in life, religious or spiritual or philosophic perspective.
3. Engaging in physical activity, exercise.
4. Practicing healthful eating and lifestyle.
5. Relieving stress with mind/body activities which facilitate mindfulness, being centered, induce the relaxation response.
6. Enhancing emotional intelligence with counseling, therapy, personal growth, communication skills.
7. Practicing gratitude and forgiveness (letting go) of self and others.
8. Serving others.
9. Connecting with people, social network.
10. Connecting with animals.
11. Allowing time for play, recreation, humor, creative activities.
12. Enjoying music.
13. Learning practical life skills, increasing resiliency.
14. Remembering potentially helpful thoughts: one day at a time; this too shall pass; focus on what you can control.

Faith means living with uncertainty - feeling your way through life, letting your heart guide you like a lantern in the dark.

-Dan Millman

The quality of your life is in direct proportion to the amount of uncertainty you can comfortably deal with.

-Tony Robbins

Let go of certainty. The opposite isn't uncertainty. It's openness, curiosity and a willingness to embrace paradox, rather than choose up sides. The ultimate challenge is to accept ourselves exactly as we are, but never stop trying to learn and grow.

-Tony Schwartz

QUESTIONS (Please respond to whichever question or questions you feel moved to answer. It is not necessary to respond to all of the questions. You may also respond to any of the readings that you find to be particularly meaningful.)

1. What uncertainties are of particular concern to you at the present time?
2. What has been helpful or you imagine would be helpful to you in dealing with uncertainty?
3. How have you helped others deal with uncertainty?

SHARING (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

ADMINISTRATIVE MATTERS (up to 5-10 minutes)

- Confirm next meeting date, time, location, and topic.
- Consider discussing the service project.
- Other

LIKES (celebrations, gratitudes, appreciations for needs met) and WISHES (mournings, requests, acknowledgements of needs not met)/CHECK-OUT (a few words or phrases from each who wants to share, up to 5 minutes total)

CLOSING WORDS (2 minutes for words, and closing)

Things change. We change. Our lives never stand still. ...

Some transitions are easy, some are hard, some seem almost impossible. Some are exciting and joyful, some are painful and frightening. ...

At this moment we pause to give thanks for the opportunity to come to a greater understanding of some of the uncertainties in our lives.

-Adapted from Thomas Mickelson & Rev. Jory Agate

EXTINGUISH THE CHALICE OR CANDLE OR SOUND A CHIME (and additional optional closing ritual if agreed to)

(Preparation for the facilitator. Please bring the SGM Facilitator Training Manual, paper and writing implements, the lesson plan, and your calendar/date book.)

Lesson plan prepared by the Small Group Ministry steering committee (Lyn Fischrup; Bonnie Koenig; Dick Loescher, chair; Leora White), February 3, 2013.