

Unitarian Universalist Small Group Ministry Network Website

Love, Belonging, and Being Enough

Claude Fravien, West Cobb Listening Circle, Emerson UU, Marietta, GA (Nov. 2021)

Original program designed by Janeane Weprin,
Countryside Church UU, Palatine, IL (Feb. 2008)

At the end of the previous session, or sometime before this session, give to group members the preparation page for this session (attached at the end of this document.)

Preliminaries and Announcements

Chalice Lighting

Prayer of St. Francis (altered)

May I be an instrument of peace,

Where there is hatred let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

And where there is sadness, joy.

may I not so much seek to be consoled as to console;

to be understood as to understand;

To be loved as to love

Check-in

Transition Meditation

Reading The Meaning of Love by *Rumi* and Discussion

Check-out / Likes and Wishes

Closing Reading/Extinguishing the Chalice

Transition Meditation

Help the group move from check-in preliminaries to silence with directed deep breathing, soft words, music, or other meditative techniques. (See love meditation below)

Love Meditation

Take a moment to make sure you are comfortable

Uncross your legs and arms

Place both feet flat on the floor

Close your eyes and

Take a deep breath in and let it go

Take another deep breath and let it go

Breathe-in slowly.

Breathe-out gently.

As you breathe, allow your body to just let go.

Allow your mind to be peaceful and relaxed.

Now I am going to give you some simple instructions

Breathe in and on the out breath,

Say silently - Peace to my thoughts

Breathe in and on the out breath,

Say silently - Peace to my heart

So it goes like this

Breathe in

Breathe out - Peace to my thoughts

Breathe in

Breathe out - Peace to my heart

Breathe in

Breathe out - Peace to my thoughts

Breathe in

Breathe out - Peace to my heart

Breathe in

Peace to my thoughts

Breathe in
Peace to my heart
Breathe in
Peace to my thoughts
Breathe in
Peace to my heart
Now let's simplify it
Breathe in peace
Breathe out love
Breathe in peace
Breathe out love
Breathe in peace
Breathe out love
Feel peace enter and fill you completely
Feel love flow through you and from you
Become peace
Become love
Become
Breathe in
Breathe out
Take a deep breath in and let it go.
Come gently back into this room
Bringing the love and peace with you
as you slowly open your eyes.

Check-out / Likes and Wishes

Closing Reading/Extinguishing the Chalice

Walk softly. Speak truthfully. Love gently. Breathe deeply. Live wisely. Go in peace.

Elaine Gallagher Gehrman

Meditation Reading: The Meaning of Love, *Rumi*

Both light and shadow
are the dance of Love.

Love has no cause;
it is the astrolabe of God's secrets.
Lover and Loving are inseparable
and timeless.

Although I may try to describe Love
when I experience it I am speechless.
Although I may try to write about Love
I am rendered helpless;
my pen breaks and the paper slips away
at the ineffable place
where Lover, Loving and Loved are one.
Every moment is made glorious
by the light of Love.

Deep Sharing/Deep Listening

We are going to share about love. Here are some ideas...

- What is love?
- Do you have a love story you want to share?
- Can you describe a time that you felt completely loved, completely safe?
- How has love (or lack of love) affected your life?
Has love changed you, healed you, betrayed you?
- What does it mean to fit in? What does it mean to belong?
- Where do you fit in? Where do you belong?
- Can we love others more than we love ourselves?
- What is the difference, if any, between profession love and practicing love?