

Unitarian Universalist Small Group Ministry Network Website
“Moving Beyond Ego”
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:

“Lord, make me a channel of thy peace,
that where there is hatred, I may bring love;
that where there is wrong, I may bring the spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted;
to understand, than to be understood;
to love, than to be loved.

For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.

- *St. Francis*

Check-in/Sharing

Topic/Reading:

“Meditation isn't really about getting rid of thoughts, it's about changing the pattern of grasping on to things, which in our everyday experience is our thoughts.

The thoughts are fine if they are seen as transparent, but we get so caught up judging thoughts as right or wrong, for and against, yes and no, needing it to be this way and not that way. And even that might be okay except that is accompanied by strong, strong emotions. So we just start ballooning out more and more. With this grasping onto thoughts we just get more caught, more and more hooked. All of us. Every single one of us.

It's as if you had vast, unlimited space —complete openness, total freedom, complete liberation —and the habit of the human race is to always, out of fear, grasp onto little parts of it. And that is called ego and ego is grasping on to the content of our thoughts. That is also the root of suffering, because there is something in narrowing it down which inherently causes us a lot of pain because it is then that we are always in a relationship of wanting or not wanting. We are always in a struggle with other people, with situations, even with our own being. That's what we call stress. That's what we experience as continual, on-going stress. Even in the most healthy, unneurotic of us, there's some kind of slight or very profound anxiety of some kind, some kind of uneasiness or dissatisfaction.”

- Pema Chodron

Facilitator: Questions for consideration:

What does it mean to move beyond your individual ego? What is healthy Ego and what is destructive Ego? When does your ego cause you the most trouble? When do you feel most connected to a Life beyond yourself?

Likes and Wishes/Feedback

Closing Words:

“Within us is the soul of the whole; the wise silence, the universal beauty, to which every part and particle is equally related, the eternal One.”

-Ralph Waldo Emerson

Amen. May you go in peace. May you live in blessing.