


**Music**

Starr King Unitarian Universalist Church, Hayward, CA (Castro Valley), Bob Britton 2016

 <p>SMALL GROUP MINISTRIES</p>	<p><b>Music</b>                  Music expresses that which cannot be put into words and that which cannot remain silent. - <b>Victor Hugo</b></p>
<p>Opening and Chalice Lighting (1 min)</p>	<p>Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything. - <b>Plato</b></p>
<p>Check-in (25 min)</p>	<p>Take this time to share how you are spiritually, psychologically, emotionally, and physically.</p>
<p>Sharing (5 min)</p>	<p>Take time to respond to what you have just heard while being non-judgmental and refraining from giving advice.</p>
<p>Quiet Reflection (1 min)</p>	<p>Music washes away from the soul the dust of everyday life. - <b>Berthold Auerbach</b></p>
<p>Topic Readings (5 min)</p>	<p>After silence, that which comes nearest to expressing the inexpressible is music. - <b>Aldous Huxley</b></p> <p>Those who dance are considered insane by those who cannot hear the music. - <b>George Carlin</b></p> <p>"Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness." - <b>Maya Angelou</b></p> <p>The whole problem can be stated quite simply by asking, Is there a meaning to music? My answer to that would be 'Yes.' And can you state in so many words what the meaning is? My answer to that would be 'No.' - <b>Aaron Copland</b></p> <p>For me, singing sad songs often has a way of healing a situation. It gets the hurt out in the open into the light, out of the darkness. - <b>Reba McEntire</b></p> <p>Without music, life would be a mistake. - <b>Friedrich Nietzsche</b></p> <p>Music is the shorthand of emotion. - <b>Leo Tolstoy</b></p>
<p>Break (5 min)</p>	
<p>Sharing/Deep Listening (50 min)</p>	<p><b>Sharing our Music</b> – After each piece of music has played the presenter may explain why they chose that piece, its importance and meaning for them. At that point others may respond to the music or the presenter’s connection to the music.</p>
<p>Open Discussion (15 min)</p>	<p>We may take this time to discuss music – specific or in general and its meaning in our lives.</p>
<p>Today’s session?</p>	<p>What worked well, less well in the session today?</p>

Service Projects? (10 min)	<b>Sunday Coffee Hour</b> <del>April 17</del> Service Project – Alameda County Food Bank – Wednesday May 11 – 12:30 to 3:30 pm
Announcements (2 min)	Next session – Wednesday April 13, 2016 – Friendship? Future topics?
<b>Closing Reading/ Extinguish Chalice</b> (1 min)	<p>To worship is to work with dedication and with skill; It is to pause from work and listen to a strain of music.</p> <p>To worship is to sing with the singing beauty of the earth; It is to listen through a storm to the still small voice within.</p> <p>- <b>Jacob Trapp</b>, Unitarian Universalist Minister</p>