

Unitarian Universalist Small Group Ministry Network Website Session Plan

“My Musica Sacrae”

Mallory Covenant Circle, Evergreen UU Fellowship, Marysville, WA, May 2009

Preparation: During the session before “My Musica Sacrae” each participant is requested to bring music, which can be played at the site of the covenant circle during the “My Musica Sacrae” session and which the participant finds to be spiritual, sacred or in some way deeply moving.

Chalice Lighting

Opening Words

“How I wept, deeply moved by your hymns, songs, and the voices that echoed through your church! What emotion I experienced in them! These sounds flowed into my ears, distilling the truth in my heart. A feeling of devotion surged within me, and tears streamed down my face- tears did me good.”

From the [Confessions](#) of [St. Augustine](#)

(alt.) "Every time God's children have thrown away fear in pursuit of honesty- trying to communicate themselves, understood or not- miracles have happened." -Duke Ellington, from note to his First Sacred Concert

Check-in/Sharing

Sharing the Songs: Participants take turns sharing their sacred or spiritual music. After the music has been played, each participant other than the one bringing the song is given an opportunity to respond to the music. After the others have responded, the participant who brought the music may explain why s/he chose that music, its importance and meaning.

(Extras: Someone can create a CD with all of the groups sacred music to play as gathering music or other special times during future Covenant Circle meetings.

Questions for Additional Sharing

1. What is the role of music in your spiritual life? Are there different types of music that support your spiritual experience?
2. Does sacred music offer you something that cannot be found in other ways?
3. Has the role of sacred music changed or evolved in your life? In way ways?
4. Do you suggestions for ways that music can be used to strengthen the experience of spirituality in your congregation? (Ask if participants are willing to share their comments with the congregation leadership.)

Closing Words: All deep things are song. It seems somehow the very central essence of us, song; as if all the rest were but wrappages and hulls! ~*Thomas Carlyle*

Extinguish the Chalice

Feedback welcome at mike@mikemallory.com