

Opening Words and Chalice Lighting

"We light this chalice to celebrate the kaleidoscope of color and creativity that paints our world with meaning. May the flame remind us that each shade and hue holds its own power, and in their mingling, we find beauty, harmony, and truth." — *Rev. Erika Hewitt*

Check-in/Sharing: Let's each take a couple minutes to check in with how we are feeling and anything we would like to share.

Topic: Palette Perspectives

Color is an ever-present force in our lives, shaping how we perceive the world and how we feel within it. From the calming blues of a quiet sky to the urgent reds of warning signs, color communicates without words. It influences mood, memory, and even decision-making. Studies have shown that certain colors can stimulate appetite, enhance focus, or evoke nostalgia. Whether in nature, art, fashion, or advertising, color choices are rarely neutral and often intentional.

We also form deeply personal associations with color. A favorite shirt may be cherished not just for its fit, but for the way its hue flatters or comforts us. Cultural meanings of color vary, too—while white symbolizes purity in some places, it signals mourning in others. This richness opens the door to discussion: How do colors shape our environments, our identities, or even our beliefs? What colors dominate our daily lives, and how might our choices around them reflect who we are? This is a space to explore what color means to you—how it shows up in your life, how it shapes your experiences, and maybe even how it reflects who you are.

"Color is my day-long obsession, joy and torment." — *Claude Monet*

"Mere color, unspoiled by meaning, and unallied with definite form, can speak to the soul in a thousand different ways." — *Oscar Wilde*

"Color is the keyboard, the eyes are the harmonies, the soul is the piano with many strings." — *Wassily Kandinsky*

"I found I could say things with color and shapes that I couldn't say any other way." — *Georgia O'Keefe*

“Everything is blooming most recklessly; if it were voices instead of colors, there would be an unbelievable shrieking into the heart of the night.” —
Rainer Maria Rilke

“Black and white are the colors of photography. To me they symbolize the alternatives of hope and despair to which mankind is forever subjected.” —
Robert Frank

“Nature always wears the colors of the spirit.” — *Ralph Waldo Emerson*

Possible Questions for Discussion

- What is your favorite color, and do you know why? Has this changed over time?
- Do you associate any colors with specific moods or emotions?
- Have you ever had an emotional reaction to color in art, nature, or design? Think of a room, a piece of clothing, or piece of art that you love—how does color play a role in your connection to it?
- Do your color preferences change with the seasons or your mood?
- Are there colors you avoid? If so, why do you think that is?
- How do you feel when you're surrounded by color versus more neutral or monochrome environments?
- If your personality were a color or a combination of colors, what would it be?

Wrapping Up: How did you like this topic and session?

Closing Words

Something as simple as color can open the door to so much meaning, memory, and emotion. May we all find color not only in the world around us, but also in our spirit.