

Unitarian Universalist Small Group Ministry Network Website  
Small Group Ministry Program  
**Physical and Health Milestones**  
Unitarian Universalist Church in Eugene, OR

CHALICE OR CANDLE LIGHTING OR SOUND A CHIME (2 to 3 minutes for this and silence and opening words)  
MOMENT OF SILENCE

OPENING WORDS

We are here to follow the promptings of our deepest heart. We are here with expectations, alive, spoken and unspoken. We are here because we are human. Creatures of solitude and communion. Wanting wholeness, knowing brokenness. We meet here once again to remind ourselves of what we already know. We open ourselves to word, story, song. To whatever breaks in upon us or summons us to speak or act. Our time together affects our time apart. We want to participate, to be known, to be loved. We know limits, yet so much is possible...

-Mark Belletini

CHECK-IN (up to 20 to 30 minutes total with up to 2 to 3 minutes per person)

TOPIC AND SHARING (up to 70 minutes for readings, questions, a few minutes for reflection and making notes if desired, individual sharing, optional open discussion at the end if the group agrees, with an optional 5 minute break about midway in the session)

READINGS

When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.

-Herophilus

Even if your body isn't healthy, your soul overcomes that, it doesn't even care, it worships anyway, it's joyful anyway.

-Lacey Mosley

Man is more miserable, more restless and unsatisfied than ever before, simply because half his nature--the spiritual--is starving for true food, and the other half--the material--is fed with bad food.

-Paul Brunton

Sorry, there's no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy. End of story.

-Morgan Spurlock

Exercise to stimulate, not annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.

-Lee Haney

It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone.

-Andy Rooney

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these.

-George Washington Carver

Sometimes the most urgent and vital thing you can possibly do is take a complete rest.

-Ashleigh Brilliant

Time is a dressmaker specializing in alterations.

-Faith Baldwin

QUESTIONS (Please respond to whichever question or questions you feel moved to answer. It is not necessary to respond to all of the questions. You may also respond to any of the readings that you find to be particularly meaningful.)

1. What have been some of the important physical and health milestones you have experienced?
2. What have you learned from those experiences?
3. What physical and health experiences do you anticipate you will have in the future, and how do you feel about that?
4. What has been particularly satisfying and rewarding, or challenging and difficult, related to your physical or health experiences?

SHARING (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

ADMINISTRATIVE MATTERS (up to 5-10 minutes). Alternatively, this agenda item can be done after the check-in, if the group decides to do that.

-Confirm next meeting date, time, location, and topic.

-Consider discussing the service project.

-Other

LIKES (celebrations, gratitudes, appreciations for needs met) and WISHES (mournings, requests, acknowledgements of needs not met)/CHECK-OUT (a few words or phrases from each who wants to share, up to 5 minutes total)

CLOSING WORDS (2 minutes for words, and closing)

As we leave this gathering, may we carry one another in our hearts. May the fellowship we have shared expand our compassion, increase our understanding, and strengthen our resolve to face what life brings our way.

EXTINGUISH THE CHALICE OR CANDLE OR SOUND A CHIME (and additional optional closing ritual if agreed to)

(Preparation for the facilitator. Please bring the SGM Facilitator Training Manual, paper and writing implements, the session plan, and your calendar/date book.)

Session plan prepared by the Small Group Ministry steering committee (Lyn Fischrup; Bonnie Koenig; Al Landy; Dick Loescher, chair) 2/7/14