

Unitarian Universalist Small Group Ministry Network Website
Session Plan
Resilience

First Parish Church of Stow and Action, MA January 2017

Opening Words and Chalice Lighting

“Come, come, whoever you are,
Wanderer, worshipper, lover of leaving,
Ours is not a caravan of despair.
Even if you have broken your vows a thousand times
It doesn't matter
Come, come yet again, come” - *Rumi*

Check-in/ Sharing: This is a time to mention briefly any major issue or event on your mind that you would like to share.

Topic: Resilience

Resilience can be defined as the ability to endure difficulty and come through it with your self unharmed or even stronger. It includes aspects of courage, calmness and a refusal to give up. It is a quality that makes us stronger.

“Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up.” - *Mary Halloway*

“I am not what happened to me, but what I choose to become.” - *Anonymous*

“My scars remind me that I indeed survive my deepest wounds. That in itself is an accomplishment. And they bring to mind something else too. They remind me that the damage life has inflicted on me has, in many places, left me stronger and more resilient. What hurt me in the past has actually made me better equipped to face the present.” - *Steve Goodier*

“I am the master of my soul
I am the captain of my fate.” - *William Ernest Henley*

“Tough times don't last,
Tough people do.” - *Anonymous*

“Tough times can be stressful, but they also have a way of centering us, of shining a light through the darkness..... The hard times remind you it *is* possible to change your life. To do better. To be smarter. To settle for more.” - *Megyn Kelly*

“Fall down seven times, stand up eight.” - *Japanese proverb*

Questions for Discussion:

1. Could you share an experience, past or present, that has tapped your resilience?
2. What practices, prayers, poems, beliefs or experiences have helped you to be more resilient?
3. Who comes to mind when you think of a person who has helped you to become more resilient? Could you tell us about them?
4. Do you have any stories passed down in your family about some particular resilience shown by your ancestors?
5. Are there any areas or situations in which you would like to become more resilient?

(Group will take a few minutes to consider topic and questions followed by sharing)

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

Closing Words:

“This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness, some momentary awareness
comes as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows,
Who violently sweep your house empty of furniture,
Still, treat each guest honorably.
He may be clearing you out for some new delight.
The dark thought, the shame, the malice, meet them at the door laughing,
And invite them in.
Be grateful for whoever comes,
Because each has been sent as a guide from beyond.” - *Rumi*

Includes content from First Parish Church UU, Cohasset MA and Unitarian Universalist Fellowship of Newark, DE.