



Unitarian Universalist Small Group Ministry Network Website

Wednesday Small Group (via ZOOM!)

Resilience

23 June 2021, 3:30 PM

OPENING SONG: Long Promised Road (Written and performed by the Beach Boys) 4 min

<<https://www.youtube.com/watch?v=MPorHu2aTGA>>

CHALICE LIGHTING / PRELUDE 0.5 min

Somehow, when I face what is mine to face and empty myself of all that is agitating me, I go clear like a lake after a storm. It is then that I can see through to the bottom of what is me, only to see that I share that bottom along with all other beings. When I face my heartache and reach its bottom, there is the bottom of all heartache which is both comforting and renewing.

Mark Nepo

OPENING WORDS 0.5 min

Never say that you can't do something, or that something seems impossible, or that something can't be done, no matter how discouraging or harrowing it may be; human beings are limited only by what we allow ourselves to be limited by: our own minds. We are each the masters of our own reality; when we become self-aware to this: absolutely anything in the world is possible.

Master yourself, and become king of the world around you. Let no odds, chastisement, exile, doubt, fear, or ANY mental virii prevent you from accomplishing your dreams.

Never be a victim of life; be its conqueror. *Mike Norton*

MEDITATION / CENTERING 2 min

The first sound of the gong brings us to silence. Please take time to center yourself, and temporarily push aside whatever might be preventing you from participating fully in this session. The second sound of the gong returns us to each other's presence.

CHECK-IN (2 ROUNDS) 40 min

Please share some thing(s) about your life since last we met.

SONG: No Love Dying Here (Written and performed by Gregory Porter) 4 min

<https://www.youtube.com/watch?v=w0cwxyr6ejQ&start_radio=1&list=RDw0cwxyr6ejQ>

QUOTES ABOUT RESILIENCE

10 min

[Reading-In-The-Round]

You may write me down in history • With your bitter, twisted lies, • You may tread me in the very dirt • But still, like dust, I'll rise.

Does my sassiness upset you? • Why are you beset with gloom? • 'Cause I walk like I've got oil wells • Pumping in my living room. • Just like moons and like suns, • With the certainty of tides, • Just like hopes springing high, • Still I'll rise.

Did you want to see me broken? • Bowed head and lowered eyes? • Shoulders falling down like teardrops. • Weakened by my soulful cries. • Does my haughtiness offend you? • Don't you take it awful hard • 'Cause I laugh like I've got gold mines • Diggin' in my own back yard. • You may shoot me with your words, • You may cut me with your eyes, • You may kill me with your hatefulness, • But still, like air, I'll rise.

Does my sexiness upset you? • Does it come as a surprise • That I dance like I've got diamonds • At the meeting of my thighs? • Out of the huts of history's shame I rise • Up from a past that's rooted in pain I rise • I'm a black ocean, leaping and wide, • Welling and swelling I bear in the tide. • Leaving behind nights of terror and fear I rise • Into a daybreak that's wondrously clear I rise • Bringing the gifts that my ancestors gave, • I am the dream and the hope of the slave. • I rise, I rise, I rise.

Maya Angelou

My scars remind me that I did 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 think that life is difficult. People have challenges. Family members get sick, people get older, you don't always get the job or the promotion that you want. You have conflicts in your life. And really, life is about your resilience and your ability to go through your life and all of the ups and downs with a positive attitude.

Jennifer Hyman

Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive.

Jean Chatzky

Of course fear does not automatically lead to courage. Injury does not necessarily lead to insight. Hardship will not automatically make us better. Pain can break us or make us wiser. Suffering can destroy us or make us stronger. Fear can cripple us, or it can make us more courageous. It is resilience that makes the difference.

Eric Greitens

Children are more restricted than ever when it comes to taking physical risks--one of the ways previous generations built resilience. Thanks to health and safety mania, leapfrog, marbles and conkers are now considered unsafe.

Claire Fox

The degradation of natural resources such as forests and freshwater has removed much of the resilience that societies formerly enjoyed.

Barry Gardiner

Most of the characters in 'The Little Rascals' were living in poverty, but they decided to focus on the joy of being a kid: the humor, the heart, the resilience.

Sean Baker

The most surprising thing, honestly, is that so few Americans know about the orphan trains. I was also surprised at the resilience and fortitude of the riders I met, their pragmatism and grace. I don't know whether this is a Midwestern trait or simply a human one.

Christina Baker Kline

My work requires acting at its most committed--it demands actors of enormous resilience, but also intelligence and wit. It doesn't work for narcissistic or selfish actors.

Mike Leigh

I think one thing is that anybody who's had to contend with mental illness--whether it's depression, bipolar illness or severe anxiety, whatever--actually has a fair amount of resilience in the sense that they've had to deal with suffering already, personal suffering.

Kay Redfield Jamison

The oak fought the wind and was broken, the willow bent when it must and survived.

Robert Jordan

Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.

Elizabeth Edwards

Do the things that interest you and do them with all your heart. Don't be concerned about whether people are watching you or criticizing you. The chances are that they aren't paying any attention to you. It's your attention to yourself that is so stultifying. But you have to disregard yourself as completely as possible. If you fail the first time then you'll just have to try harder the second time. After all, there's no real reason why you should fail. Just stop thinking about yourself.

Eleanor Roosevelt

I have this fear that if I ever believe that others wield power over my destiny, that I am so vulnerable, I might as well abdicate control of my life. For if I accept that, what is to stop me attributing to others all the setbacks I encounter? And once that happens, why would I do anything to get back on my own two feet? I would be virtually saying that it was beyond me to reclaim myself. I would be accepting absolute lack of control. And the Good Lord knows, I had very little control over my life as it was.

This fear, this need to go on believing I am in the driver's seat, may be the one ingredient in my makeup I will not find it easy to relinquish.

Therefore, with everything that I cherished taken, broken or out of reach, I resolved I would become self-sufficient. I would work hard. I would study. I would pull myself up by my bootstraps. Yes, even though I had still to acquire the boots.

Sindiwe Magona

Being vulnerable isn't a flaw. It is the most beautiful thing in the world. If you were invincible, being brave would be easy. It's the fact that it isn't easy, that we have to constantly work and work at it. Make ourselves believe in our own strength even when it feels like we're worth nothing, have nothing, can do nothing - that's power. That's resilience. There is nothing stronger than people who endure the worst hardships in the world, and still raise their fists at the start of a new day, to fight all over again.

Natasha Ngan

What if instead of heroically bursting from the fire, a weakened and traumatized bird rises awkwardly, just barely, careening through a wall of sky on fire, entirely uncertain of what fate awaits when it finally clears the smoke? Why can't this mess be a triumph? Why can't basic survival be a kind of glory? Why do we envision a pristine and painless resurrection - when the world shows us, time and time again, how messy these processes really are?

Emily Rapp Black

Some may be more fortunate than others, and many might feel more like second bests, not sure how to survive. Not seeing the light on their path, they keep on living with fear. Albeit social security systems may be supportive existential anxiety subsists, crushing their identity. Only by converting 'fear' into a challenge, we can grit our teeth, strengthen resilience, and brighten up the dimness in our minds.

Erik Pevernagie

When a storm of harassment disturbs our thinking and brings us down to our knees, the umbrella of our imagination can shield us against destructive aggression. It is offering shelter and is teaching us how to conquer ourselves, train our resilience, and grit our teeth. We better learn to adopt the virtue of endurance, as life consists of both 'passion' and 'patience.'

Erik Pevernagie

To be rendered powerless does not destroy your humanity. Your resilience is your humanity. The only people who lose their humanity are those who believe they have the right to render another human being powerless. They are the weak. To yield and not break, that is incredible strength.

Hannah Gadsby

[Read-In-The-Round]

The journey through another world, beyond bad dreams • Beyond the memories of a murdered generation, • Cartographed in captivity by bare survivors • Makes sacristans of us all.

The old ones go our bail, • We oblate preachers of our tribes. • Be careful, they say, don't hock the beads of kinship agonies; • The moire-effect of unfamiliar hymns upon our own, • A change in pitch or shrillness of the voice transforms the ways of song to words of poetry or prose • And makes distinctions no one recognizes.

Surrounded and absorbed, • We tread like Etruscans on the edge of useless law; • We pray to the giver of prayer, • we give the cane whistle in ceremony, • We swing the heavy silver chain of incense burners. • Migration makes new citizens of Rome.

Elizabeth Cook-Lynn

PREPARATION FOR GROUP REFLECTION

1 min

Read the questions for reflection, one by one

BREAK**10 min****Concurrent With Song, "Mary Ellen Carter" Written and performed by Stan Rogers****<<https://www.youtube.com/watch?v=fT-aEcPgkuA>>****GROUP REFLECTION****50 min****Let's try this new procedure for our reflection time:****First response:** Register your initial thoughts on the topic, with no feedback.**Cross-conversation (free and open discussion):** Discuss as you please, but ensure that everyone who wishes to contribute gets a chance to do so.**Conclude with final statements/last thoughts** on the topic, again with no feedback.

You may, if you like, respond to one or more of the following:

- What does it mean to to you be resilient (physically, emotionally, mentally, spiritually)?
- Share an experience past or present that has tapped your own resilience. What did you do or are you doing to get through the experience? How has it changed you?
- When describing someone who is resilient, what features or traits are you thinking about? Is having hope part of resiliency? What about forgiveness?
- Several of the quotes mentioned a positive attitude being part of resilience. Do you agree that one is necessary? Why or why not?
- How might you go about cultivating resiliency for yourself? Do you have any spiritual practices or beliefs that strengthen features that you think of as being resilient?
- How has the resilient spirit in you been nurtured by another person or a community of persons? What do you most value in this nurturing?

SESSION FEEDBACK**5 min**

How did this session go for you? What could have gone better for you? Are there any changes to the group format you can think of that would help us fulfill our mission, charter, or camaraderie better?

FUTURE PLANS**5 min**

In July, August, and September of 2021, we will meet only once a month. Which Wednesday of the month will we meet, and at what time?

Okay to invite other congregants/friends (1-2 at a time) to attend summer meetings on a trial basis?

CLOSING SONG: Asimbonanga (written and performed by Johnny Clegg and Savuka)**4 min****<<https://www.youtube.com/watch?v=UJujyzA2Q1E&list=PL3Yv36aUktyS-KOJHhRirqUyB5vnFS3iB&index=9&t=0s>>**

EXTINGUISH CHALICE / CLOSING WORDS

0.5 min

Reading-in-the Round)

I don't need your praise to survive. • I was here first, before you were here • Before you ever planted a garden.
• And I'll be here when only the sun and moon are left, • And the sea, and the wide field. • I will constitute the
field.

Louise Glück,