

Unitarian Universalist Small Group Ministry Network Website
SMALL GROUP MINISTRY
Main Line Unitarian Church, Devon, PA, January 2003
Risking

Opening Words and Chalice Lighting:

Go for a walk, if it is not too dark.
Get some fresh air, try to smile.
Say something kind
To a safe looking stranger, if one happens by.
Always exercise your heart's knowing.
You might as well attempt something real
Along this path.
Play a game with some children.
Extend yourself to a friend.
Sing a few ribald songs to your pets and plants –
Why not let them get drunk and wild!
Let's stop reading about God –
We will never understand Him.
Jump to your feet, wave your fists,
Threaten and warn the whole Universe
That your heart can no longer live
Without real love!

(adopted from Hafiz)

Check-in/Sharing (approximately 30 minutes)

Focus Reading: Taking Risks

We throw ourselves out of balance constantly in order to seek new and higher levels of personal integration. Were it not true that we purposefully unbalance ourselves we should never grow, or even find our true selves. Worse yet, we would never love or have any idea of what true loving is all about. Healthy people take risks in order to transcend themselves and to feel firsthand the rough beauty of their existence. It is exciting and, although not very restful, gloriously human. And it helps us to understand something of the Divine.

(adapted freely from Eugene Kennedy)

Focus Questions: (45-60 minutes)

What are the risks you have taken in our life to open yourself to some new adventure, challenge, or deeper spiritual growth?

What might you risk next to enrich your life?

Check-out/Likes and Wishes

Closing Words and Extinguishing Chalice:

“I am not afraid of storms for I am learning how to sail my ship.”
Louisa May Alcott