

Unitarian Universalist Small Group Ministry Network Website
Small Group Ministry Session
Self Esteem and External Judgments
Sanctuary Boston, MA, June 8, 2014

Chalice Lighting and Opening Words

You don't have to get a job that makes others feel comfortable about what they perceive as your success. You don't have to explain what you plan to do with your life. You don't have to justify your education by demonstrating its financial rewards. You don't have to maintain an impeccable credit score. Anyone who expects you to do any of those things has no sense of history or economics or science or the arts.

You have to pay your own electric bill. You have to be kind. You have to give it all you got. You have to find people who love you truly and love them back with the same truth.

But that's all.

--Cheryl Strayed, *Tiny Beautiful Things*

Taken from the essay 'The Future has an Ancient Heart', in full at <http://therumpus.net/2011/05/dear-sugar-the-rumpus-advice-column-72-the-future-has-an-ancient-heart/>

This passage has a very small list of the things we have to do. However, the list of things we have to do often seems much larger and more demanding. Sometimes, our list of what we think we have to do is larger, because of our own internal high expectations, or because of our fear of how others will react if we fail to meet their explicit or implicit standards.

Check-in (2–3 minutes each @ 20 minutes)

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. We remind you that in the first section, we encourage people to speak to their own experiences, rather than commenting on what others have said.

1. What are the things you “have” to do?
2. Where do you get your ideas of what you “have” to do? Internal or external?
3. What do you wish you did not “have” to do?
4. What would happen if you did not do some of these things?

Thank the group for sharing their experiences. Open this time to respond to what others have

Closing Words and Extinguishing the Chalice

“It takes courage to grow up and become who you really are” – e.e. cummings