



SMALL GROUP MINISTRIES

**Opening and
Chalice Lighting**
(2 min)

Sharing/Check-In
(20 min – 2 min ea.)

Quiet Reflection
(1 min)

Topic Readings
(5 min)

Unitarian Universalist Small Group Ministry Network Website

Silence

Starr King UU Church, Hayward, CA; Bob Britton

Wednesday afternoon group

12 Noon – 2 PM

August 23, 2017

Silence is a true friend who never betrays – Confucius

Within each of us there is a silence-
a silence as vast as a universe.
We are afraid of it- and we long for it.

When we experience that silence, we remember
who we are....

Silence is the source of all that exists,
the unfathomable stillness where vibration began-
the first oscillation, the first word,
from which life emerged. Silence is our deepest nature,
our home, our common ground, our peace.
Silence reveals. Silence heals.
Silence is where God dwells.
We yearn to be there. We yearn to share it....

*Take this time to share how you are spiritually, psychologically, emotionally,
and physically. We want to know how you are in this moment.*

Sharing silence with others is a profound act of trust, love, and courtesy. It is
a mutual gift, a necessity, a helping hand, a path and a discipline. –G. Norris

The Zen Buddhist view of silence is captured best in the well-known remark
that once we have pointed to the moon, the finger with which we have
pointed is no longer necessary. Language is necessary--- if only to make
itself unnecessary. We must speak to draw someone's attention to the
silence, but once we have done so the speaking may stop. We do not point to
the moon in order to hold the viewer's attention to our finger.
- James P. Carse

Silence is one of the hardest arguments to refute. – Josh Billings

Silence is so freaking loud. - Sarah Dessen

When I pronounce the word Future,
the first syllable already belongs to the past.
When I pronounce the word Silence,
I destroy it. - Wisława Szymborska

Silence is a source of great strength. - Lao Tzu
When words become unclear, I shall focus with photographs. When images
become inadequate, I shall be content with silence. - Ansel Adams

**Break/ Quiet
Contemplation (5 min)**

**Sharing/Deep
Listening
(50 min - 5 min ea.)**

Speak about this topic in any way that is comfortable to you. If you choose to use the questions, focus on just one or two, as this will allow you to explore the topic in more depth.

- Are we avoiding something by avoiding silence?
- Reflect upon the role that silence plays in your life, what it signifies for you.
- How does it feel to sit in silence?
- What is your relationship with silence? Does it make you uncomfortable? Do you long for it? Do you make room in your life for silence?
- If you have or had a silent meditation practice, describe your experience.
- What would it take for you to sit in stillness for 5 to 20 minutes each day?

**Open Reflection
(20 min)**

This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.

**Reviewing & Finalizing
Our Service Project (10 min)**

**Likes & Wishes
(5 min)**

What did you appreciate about this gathering – in yourself, in others, in the gathering as a whole? What would you like to see change at future gatherings?

Announcements (1 min) Next session - Wednesday September 13, 2017 -

**Closing Reading/
Extinguish Chalice
(1 min)**

The bell is full of wind
though it does not ring.

The bird is full of flight
though it is still.

The sky is full of clouds
though it is alone.

The word is full of voice
though no one speaks it.

Everything is full of fleeing
though there are no roads.

Everything is fleeing
toward its presence. Roberto Juarroz