

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

Opening Words & Chalice Lighting:

Remember there's no such thing as a small act of kindness.
Every act creates a ripple with no logical end.
~ *Scott Adams*

When I was young, I used to admire intelligent people; as I grow older, I admire kind people.
~ *Abraham Joshua Heschel*

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.
~ *Dalai Lama*

Check-in / Sharing: What is most on your mind today?

Focus Reading:

An essential component of kindness is awareness and common-sense – looking outside yourself to see when someone needs help. It is usually quite clear what needs to be done – open the door for the woman holding the baby, move your car up two feet so another person can park behind you, apologize if you bump into someone.

Give courtesy freely, without expecting anything in return. People may not even take notice, much less return the kindness, but you can take heart in the fact that you are creating the kind of world you want to live in with your actions.

When you are out in the world, remember to be aware of others, lend your hand when one is needed, and give this help without an ulterior motive. Through these small actions, you make this world a better place in which to live.
~ *Adapted from DailyOM*

Focus Questions:

1. What does kindness mean to you? Have you experienced, and been affected by, a kind gesture?
2. Are you ever reluctant to accept kindness from others because:
 - it make you uncomfortable?
 - you feel indebted?
 - it requires you to open yourself up, give of yourself, or let someone in?
3. Small kindnesses are often intimate and personal. Do you find it easier to express compassion by donating money to a good cause than to personally involve yourself with others?
4. Does it matter if kindness is anonymous or recognized?
5. Does the motive for kindness matter?

Checkout/Likes and Wishes: Did this session meet your needs for connection and spiritual growth?

Closing Words & Extinguishing Chalice:

Constant kindness can accomplish much.

As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.

~ Albert Schweitzer

I expect to pass through life just once. If therefore, there be any kindness I can show, or any good things I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.

~ William Penn