

Unitarian Universalist Small Group Ministry Network Website
Small Group Ministry Session
The Song in Your Heart
Prepared by Maria Runde, UU Fellowship of La Crosse, Wisconsin, March 6, 2019

Opening Words and Candle Lighting

Listen With Your Heart

Let us not try to understand music with our mind. Let us not even try to feel it with our heart. Let us simply and spontaneously allow the music-bird to fly in our heart-sky. While flying, it will unconditionally reveal to us what it has and what it is. What it has is Immortality's message. What it is is Eternity's passage. SRI CHINMOY

Check-In: Share a bit about yourself, a thought, an event in your life, or something intended to be meaningful to these friends with whom we gather today.

Topic:

Music and singing are integral parts of our Unitarian Universalist (UU) worship services. Whether it's classical, rock, folk, or *a cappella*, music shifts the energy of worship and moves it into our bodies. Please elaborate on one or two of the following:

1. Share a memory about a time that music lifted your energy or enhanced your spirit.
2. Is there a song that is special to you? What is it and what does it mean to you?
3. Is there a genre of music that appeals to you more than any other? How does it speak to your heart?
4. What meaning does music have in your life?
5. Have you been living in harmony with your inner voice?
6. Have you ever lost your sense of self either while listening to or performing music? Tell us about that experience.
7. Comment on the quote by St. Augustine: "Qui bene cantat bis orat" (They who sing pray twice.)

Closing Words:

AS WE LISTEN TO THE BLESSING OF MUSIC

By Maureen Killoran

As we listen to the blessing of music, may we know this ending as more than a time of good-bye. May the warmth of this community and the memory of our chalice flame sustain our hearts and encourage our minds, as we engage the blessings of life's challenges and joys.

The service has ended. Your service has begun.

Go in peace. Go in joy. Go in love.