

Unitarian Universalist Small Group Ministry Network Website  
Small Group Ministry Session Plan  
**Soundtrack of our Lives**  
Katrina VanBrugh, Allen Avenue UU Church, Portland, ME, Aug 1. 2011

Opening Words:

“Music is the shorthand of emotion.” Leo Tolstoy

Check-in/Sharing: How is it with you today?

Discussion:

Music is essential in every society across the world and across the ages. It can be such an integral component that we sometimes don't even notice it until maybe years later we find we associate a certain song with a certain experience or time in our lives.

Victor Hugo said, “Music expresses that which cannot be said and on which it is impossible to be silent.” Are there things in your life that cannot be said but must be expressed? What song can best express them? Why do you think music expresses our inner selves better than words alone?

And Bruce Springsteen said, “I think that is what film and art and music do; they can work as a map of sorts for your feelings.” How does music help you to navigate your feelings?

Our question today is, “What songs are particularly meaningful to you and why?”

Check-out/Likes and Wishes: How was the session for you?

Closing Words:

Although it can be difficult to discuss music and, as Steve Martin said, “Talking about music is like dancing about architecture” we have tried today to explain ourselves through the music that is important to us. W. H. Auden tells us that “music is the best means we have of digesting time.” Perhaps by considering the songs that express our pain or joy, we can begin to digest them, to resolve the issues of our past and incorporate the joys of our youth into our older years. Finally, I want to leave you with this thought from Albert Schweitzer, “There are two means of refuge from the miseries of life: music and cats. May our lives be rich in both!”