

Unitarian Universalist Small Group Ministry Network Website
Spiritual Recharge
First Parish Church of Stow and Acton, MA. January 2024

Opening Words and Chalice Lighting

“We seek our place in the world
and the answers to our hearts’ deep questions.
As we seek, may our hearts be open to unexpected answers.
May the light of our chalice remind us that this is a community of warmth,
of wisdom, and welcoming of multiple truths.” - *Julianne Lepp*

Check-in/Sharing: This is the time to mention any issues or events on your mind that you would like to share. Please brainstorm possible future SGM topics. SGM 2024 registration is open at fpc-stow-acton.org/sgm
Please consider re-enrolling and feel free to invite a friend.

Topic: Spiritual Recharge

We are all in need of recharging at times. Our busy lives often leave us burnt out, overstretched, and overwhelmed by our day-to-day challenges and “to do” lists. Our days may feel too short to get through all that we feel needs doing, and we feel that we’re getting less return for more effort. Time for a break — a nap, a hike, a weekend off?

At times, our inner lives need a recharge as well. Perhaps we feel a loss of connection, inner turmoil instead of inner peace, stuck in a rut. Time for a break — retreat, unplug, meditate, breathe? What do you do when you need to be spiritually refreshed, renewed, reborn, recharged?

“If we step away for a time, we are not, as many may think and some will accuse, being irresponsible, but rather we are preparing ourselves to more ably perform our duties and discharge our obligations.” - *Maya Angelou*

“It is always quietly thrilling to find yourself looking at a world you know well but have never seen from such an angle before.” - *Bill Bryson*

“Recharge your batteries to update your spirit – refresh your perspectives to upgrade your soul.” - G. Boston

“We need deep cleansing of our thoughts ... so that we can recharge our energy for our own health, happiness, and purpose.” - *Kinshore Bansal*

“Let us find time to settle, to sit quietly, or walk gently, letting distractions go, refusing busy thoughts and uninvited images, to listen for the deeper Self that lives below the clamor of voices crying for our attention. Let us find time and places to enter the nourishing quiet that lies in the center of us all.” - adapted from *Marv Hiles*

Possible Questions for Discussion:

- What activities and/or practices bring you joy, balance, centering, peace, relaxation, renewal, recharging?
- Can you share an experience of recharging that enhanced the joy or meaning in your life?
- When do you find that you need recharging? How are you feeling and what kinds of refreshing do you need?
- After you experience a time of recharging, how do you feel? How are you freed up to let your inspiration and creativity flourish?
- Could you describe any people, programs or places which have helped you learn ways to recharge?
- What external and internal factors influence the amount of time you have or take for recharging? If you had more time for recharging, what would you do? What is preventing you from taking that time?

Wrapping Up: How did you like this topic and session?

Closing Words

“Almost everything will work again if you unplug it for a few minutes ... including you.” - *Anne Lamott*