

Unitarian Universalist Small Group Ministry Network Website  
**"Spirituality"**  
Covenant Group Curriculum, River of Grass Unitarian Universalist  
Congregation, Davie, FL

**Opening Meditation/Music/Silence/Chalice Lighting** (whichever one(s) you choose to do)

**Opening Words:**

Seek not the depths of your knowledge with staff or sounding line.

For self is a sea boundless and measureless.

Say not, "I have found the truth," but rather, "I have found a truth."

Say not, "I have found the path of the soul." Say rather, "I have met the soul walking upon my path."

For the soul walks upon all paths.

The soul walks not upon a line, neither does it grow like a reed.

The soul unfolds itself, like a lotus of countless petals.

- *The Prophet*, Kahlil Gibran

**Check-in/Sharing**

**Topic/Reading:**

**Facilitator: Please explain that the reading comes from an introduction to the book listed below.**

I like to think that this book is for the rest of us, the hoi polloi of the spirit, as it were, who realize that they are not terribly special, not in control of the universe. Burdened by the cares of everyday life, they feel themselves in matters of the soul to be relatively unenlightened, uncertain, and unsuccessful at realizing their potential for holiness. The poet William Stafford once said that successful people cannot write poems, as the poet has to kneel down for them, humbly exploring life at ground level.

The best spiritual writing, it seems to me, is like good poetry in that it is not about success or failure but allows us to find value in what seems meaningless or dull, or even filthy. It does not offer answers but hints at possibilities for transcendence. It does not transport us magically to a realm of light "above" the ordinary, beyond the capacities of more common people, but instead offers us insight into living through the contradictory and often painful processes of life and death that are at work in us all.

- *The Best Spiritual Writing 1999*, Edited by Philip Zaleski, Introduced by Kathleen Norris

**Questions for consideration:**

- What makes something spiritual?
- When do people in the group feel most in touch with themselves spiritually?

- Do you have to do something or be a special way to be spiritual?

### **Likes and Wishes/Feedback**

### **Closing Words:**

Mature spirituality is not based on seeking perfection, on achieving some imaginary sense of purity. It is based simply on the capacity to let go and to love, to open the heart to all that is. . . .The heart can turn the suffering and imperfections we encounter into the path of compassion. In this practice, the divine can shine through even in acts of ignorance and fear, inviting us to wonder at the mystery of all that is. In this there is no judgment and no blame, for we seek not to perfect the world but to perfect our love for what is on this earth. Thomas Merton saw it this way.

Then it was as if I suddenly saw the secret beauty of their hearts, the depths where neither sin nor desire can reach, the person that each one is in God's eyes. If only they could see themselves as they really are. If only we could see each other that way there would be no reason for war, for hatred, for cruelty . . . I suppose the big problem would be that we would fall down and worship each other.

- *A Path With Heart: A Guide Through the Perils and Promises of Spiritual Life*, Jack Kornfield

Amen. May you live in blessing.