

Unitarian Universalist Small Group Ministry Network Website
Small Group Ministry Session

Spirituality

Prepared by Liz Ash, UU Fellowship of La Crosse, Wisconsin, May 1, 2019

Opening Words:

“Some keep the Sabbath going to Church –
I keep it, staying at Home –
With a Bobolink for a Chorister –
And an Orchard, for a Dome –
Some keep the Sabbath in Surplice –
I just wear my Wings –
And instead of tolling the Bell, for Church,
Our little Sexton – sings.
God preaches, a noted Clergyman –
And the sermon is never long,
So instead of getting to Heaven, at last –
I’m going, all along.”

Emily Dickinson

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.

Focus/Topic: Spirituality

What is spirituality? Can it be defined or pinned down?

“Spirituality seems to be one of those words that have as many definitions as it does people trying to define it. Often it is used in conjunction with theism [if one's] spirituality is God-centered.”

“This is not, however, the only way the concept of "spirituality" can be used. For some people, it involves a variety of very personal things like self-realization, philosophical searching, etc. For many others, it is something like a very deep and strong emotional reaction to "wonders" of life — for example, gazing out at the universe on a clear night, seeing a newborn child, etc.”

There is a vagueness in definitions of spirituality which “prevents the concept of spirituality from carrying a great deal of cognitive content. It does, however, carry emotional content — much of what people describe as "spirituality" seems to have much more to do with emotional than intellectual reactions to events and experiences. So, when a person is using the term, they are more likely trying to convey something about their emotions and their emotional reactions to things than a coherent set of beliefs and ideas.

Austin Cline, www.thoughtco.com/are-there-any-spiritual-atheists-248396

The word spirituality is used widely and wildly; people talk about everything from the spirituality of golf to a nation's spirituality... Spirituality is the overriding term that describes engagement in things transcendental. It has to do with one's connection with and commitment to ways of engaging transcendence. *

www.uscatholic.org/articles/201604/what-spirituality-30626

*Transcendent:

1 a: exceeding usual limits

b: extending or lying beyond the limits of ordinary experience

2: being beyond comprehension

www.merriam-webster.com/

Discussion:

1. What is your understanding of spirituality?
2. Is spirituality necessary for a full or satisfying life?
3. Do you have a spiritual practice?
4. Does your personal spirituality guide your daily life?

Extinguishing the Chalice:

As we extinguish our chalice, let us be mindful of the current of life which flows through us and is us – that current which connects us one to another and to all sentient beings.

Let us be mindful the vast cosmos and its web of interdependence in which we move.

Let us find wonder.

Liz Ash