

SMALL GROUP MINISTRY SESSION

Today's Journey

The Small Group Ministry Institute, The Mountain, August 2009

Opening Words:

This being human is a guest house
Every morning a new arrival
A joy, a depression, and meanness,
Come momentary awareness comes
As an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows
Who silently sweep your house
Empty of its furniture,
Still, treat each guest honorably.
He may be clearing you out
For some new delight.
The dark thought, the shame, the malice.
Meet them at the door laughing
And invite them in.
Be grateful for whoever comes,
Because each has been sent
As a guide from beyond. Rumi

Check In: What is the most significant thing that has happened since we last met?

Focus/Topic: Consider the poem. Think about your life's journey as you reflect on these things:
Think of a significant life event on your journey.
What were your feelings? How did you respond?

Check Out (Likes/Wishes): How was this session for you?

Closing: "Look to this Day", Attributed to Kalidasa, *Singing the Living Tradition*, #419,
Look to this day!
For it is life, the very life of life.
In its brief course lie all the verities
And realities of your existence.
The bliss of growth,
The glory of action,
The splendor of beauty;
For yesterday is but a dream
And tomorrow is only a vision,
But today, well lived, makes every yesterday
A dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day.