

Unitarian Universalist Small Group Ministry Network Website
Small Group Ministry Program
Transformation
Unitarian Universalist Church in Eugene, OR, 5. March 2013

CHALICE OR CANDLE LIGHTING OR SOUND A CHIME (2 to 3 minutes for this and silence and opening words)

MOMENT OF SILENCE

OPENING WORDS

Nature often holds up a mirror so we can see more clearly the ongoing processes of growth, renewal, and transformation in our lives. May our time together provide a safe place to share about our transformations as we listen deeply and speak our own truth.

CHECK-IN (up to 20 to 30 minutes total with up to 2 to 3 minutes per person)

TOPIC AND SHARING (up to 70 minutes for readings, questions, a few minutes for reflection and making notes if desired, individual sharing, optional open discussion at the end if the group agrees, with an optional 5 minute break about midway in the session)

READINGS

Transformation: a thorough or dramatic change in form or appearance.

-Dictionary

We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward or fix us in the present.

-Anais Nin

All change is not growth, as all movement is not forward.

-Ellen Glasgow

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

-Anais Nin

When we quit thinking primarily about ourselves and our own self-preservation, we undergo a truly heroic transformation of consciousness.

-Joseph Campbell

All change, even very large and powerful change, begins when a few people start talking with one another about something they care about.

-Margaret J. Wheatley

Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one.

-Marianne Williamson

It is only when we truly know and understand that we have a limited time on Earth and that we have no way of knowing when our time is up that we will begin to live each day to the fullest, as if it were the only one we had.

-Elizabeth Kubler-Ross

All changes, even the most longed for, have their melancholy, for what we leave behind us is a part of ourselves; we must die to one life before we can enter into another.

-Anatole France

QUESTIONS (Please respond to whichever question or questions you feel moved to answer. It is not necessary to respond to all of the questions. You may also respond to any of the readings that you find to be particularly meaningful.)

1. What in your life is undergoing transformation these days?
2. Tell about an important personal or social transformation you have been part of.
3. How are current social or global transformations impacting your life?
4. What transformation would you like to see in the future?

SHARING (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

ADMINISTRATIVE MATTERS (up to 5-10 minutes)

-Confirm next meeting date, time, location, and topic.

-Consider discussing the service project.

-Other

LIKES (celebrations, gratitudes, appreciations for needs met) and WISHES (mournings, requests, acknowledgements of needs not met)/CHECK-OUT (a few words or phrases from each who wants to share, up to 5 minutes total)

CLOSING WORDS (2 minutes for words, and closing)

Help us to be the always hopeful gardeners of the spirit who know that without darkness nothing comes to birth as without light nothing flowers.

-May Sarton

EXTINGUISH THE CHALICE OR CANDLE OR SOUND A CHIME (and additional optional closing ritual if agreed to)

(Preparation for the facilitator. Please bring the SGM Facilitator Training Manual, paper and writing implements, the lesson plan, and your calendar/date book.)

Lesson plan prepared by the Small Group Ministry steering committee (Lyn Fischrup; Bonnie Koenig; Dick Loescher, chair; Leora White), January 31, 2013.