

Unitarian Universalist Small Group Ministry Network Website

Session Plan

“Transformation”

First Parish Church of Stow and Acton, MA, March 2016

Chalice Lighting:

“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.” – *SGM Eugene, OR*

Check-in/Sharing: This is a time to mention briefly any major issue or event on your mind that you would like to share.

We ask that all SGM members agree to the Covenant, so please make sure everyone has gotten a copy of the Covenant and SGM Participant’s Handbook who missed the February session, and answer any questions. Each year as part of SGM, we commit to performing one service project as a group, either for the church or for the community. This would be a good opportunity to brainstorm service project ideas.

Topic: Transformation

“When a snake sheds its skin, it changes. When a caterpillar turns into a butterfly it transforms.”
- *Rob Llewellyn*

“Everyone wants to transform, but no one wants to change” – *Fredrica Mathewes - Green*

“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*

“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*

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

noun

-Dictionary

Transformation is a fundamental change in perspective which informs our actions and decisions. Transformation often comes about from the many transitions we have made, or been forced to

make, in our lives. Transformation provides a new life view, with rewards and even consequences.

Questions:

1. What in your life is undergoing transformation these days?
2. Were your eyes opened to new approaches in thinking because of a change you made; perhaps moving to a new area, a new job, or making new friends?
3. Can you think of a time when you changed the way you perceived another person or situation? Did your new perspective elicit a positive or negative reaction from others?
4. In what area of your life would you like to see a transformation in the future?

Group will take a few minutes of silence to think about the topic. Then each member will have a turn when they are ready to share. After everyone has had a turn, then members can feel free to have additional turns.

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

Closing Words:

“I did then what I knew how to do.
Now that I know better, I do better.”
Maya Angelou

Adapted from the Unitarian Universalist Church, Eugene, OR