



SMALL GROUP MINISTRY  
FIRST UNITARIAN CHURCH  
OF SAN JOSE

## **The Mountain Top Experience**

“Too much of a good thing is wonderful.”  
- Mae West

**Preliminaries** Choose a person to guide the meditation, and let him or her read pausing after each phrase to allow each person to remember deeply.

**Opening / Chalice Lighting**  
- Dag  
Hammerskjold Each day we must hold out the chalice of our being to receive, to carry, and give back.

**Check-in** Share a high point or a low point of your week.

**Guided Meditation**  
(Read slowly by one person while others relax and close their eyes.) Do you remember having a mountain-top experience, an experience in which you felt so in touch, so real, so full of love and hope and joy? Maybe you've had several. Choose one and take a few minutes to take yourself back there...

Find a comfortable position...  
Close your eyes...  
Remember how you came to the experience...  
Remember the place...  
Remember who was there...  
Remember what it felt like...  
Remember the insights you became aware of...  
Remember what you dreamed might happen...

Now return to where you are...  
Open your eyes...  
Breathe deeply...  
And share what you wish when you are ready...

**Sharing** When you are ready to break the silence, share what you remember of your mountaintop experience.

**Responsive Reading**  
- Nancy Wood

My help is in the mountain where I take myself to heal the earthly wounds that people give to me.

*I find a rock with sun on it and a stream where the water runs gentle and the trees which one by one give me company.*

So I must stay for a long time until I have grown from the rock.

*And the stream is running through me and I cannot tell myself from one tall tree.*

Then I know that nothing touches me nor makes me run away.

**All:** My help is in the mountain that I take away with me.

**Discussion**

Discuss ways of preserving that mountain-top experience. What strategies have you used? Is there any way to increase your chances of having a mountain top experience?

**Singing**

Alleluia, alleluia, alleluia, alleluia  
Alleluia, alleluia, alleluia, alleluia

**Closing**  
- Sara Moores  
Campbell

We receive fragments of holiness, glimpses of eternity, brief moments of insight. Let us gather them up for the precious gifts that they are and, renewed by their grace, move boldly into the unknown.