

*Rumi*  
*(excerpt)* A dragon was pulling a bear into its terrible mouth.  
A courageous man went and rescued the bear.  
There are such helpers in the world, who rush to save  
anyone who cries out. Like Mercy itself,  
they run toward the screaming.  
And they can't be bought off.

If you were to ask one of those, "Why did you come  
so quickly?" he or she would say, "Because I heard  
your helplessness."

Where lowland is,  
that's where water goes. All medicine wants  
is pain to cure

And don't just ask for one mercy.  
Let them flood in. Let the sky open under your feet.  
Take the cotton out of your ears, the cotton  
of consolations, so you can hear the sphere-music...

Accept your new good luck.

Give your weakness  
to one who helps.

Crying out loud and weeping are great resources.  
A nursing mother, all she does  
is wait to hear her child.  
Just a little beginning-whimper  
and she's there.  
God created the child, that is, your wanting  
so that it may cry out, so that milk might come.

Cry out! Don't be stolid and silent  
with your pain. Lament! And let the milk  
of loving flow into you.  
The hard rain and wind  
are ways the cloud has  
to take care of us.



## SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH  
OF SAN JOSE

### Asking For Help

Asking is the beginning of receiving. Make sure you don't go to  
the ocean with a teaspoon. At least take a bucket so the kids  
won't laugh at you.

*Jim Rohn: Beginning Quotes*

"I came upon a doctor who appeared in quite poor health. I said,  
'There's nothing that I can do for you that you can't do for  
yourself.' He said, 'Oh yes you can. Just hold my hand. I think  
that that would help.' So I sat with him a while then I asked him  
how he felt. He said, 'I think I'm cured.'"

*superfrodo*

**Centering** Three-part Exhalation

**Preliminaries** Announce upcoming church events; get volunteers to light the chalice and read opening words.

**Opening / Chalice Lighting** A little boy was having difficulty lifting a heavy stone. His father came along just then. Noting the boy's failure, he asked, "Are you using all your strength?"  
 - Author Unknown  
 "Yes, I am," the little boy said impatiently.  
 "No, you are not," the father answered.  
 "I am right here just waiting, and you haven't asked me to help you."

**Check-in** *Take a minute or two to share briefly the high and low points in your life since we last met.*

**Read Around the Circle** *Reading on the back*

**Sitting in Silence**

**Sharing/ Deep Listening** *Deeply listening, without response or thought of response at this time, is the gift we give and receive as we share our thoughts on the preparation for this session.*

**Discussion** This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.

**Singing** Sometimes in our lives, we all have pain, we all have sorrow. Hymnal #1021 But, if we are wise, we know that there's always tomorrow.

*Chorus:* Lean on me when you're not strong, and I'll be your friend, I'll help you carry on, for it won't be long 'til I'm gonna need somebody to lean on. Just call on me, brother/sister when you need a hand. We all need somebody to lean on. I just might have a problem that you'd understand. We all need somebody to lean on.

Please swallow your pride, if I have things you need to borrow. For, no one can fill, those of your needs that you won't let show. *Repeat chorus*

If there is a load, you have to bear, that you can't carry, I'm right up the road, I'll share your load if you just call me. *Repeat chorus*

**Extinguishing the Chalice** *Join hands or link arms and read aloud together:*

May we share with our Beloved Community not only the help we have to offer but the blessings of our expressed needs that strengthen and enrich our circle. Amen. Blessed be.