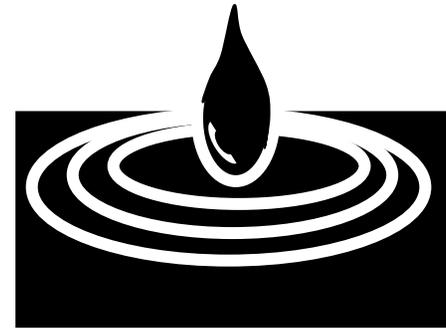


The Fourth Mindfulness Training

(according to Thich Nath Hanh,
www.plumvillage.org)

Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivate loving speech and deep listening in order to bring joy and happiness to others and relieve others of their suffering. Knowing that words can create happiness or suffering, I am committed to learn to speak truthfully, with words that inspire self-confidence, joy, and hope. I am determined not to spread news that I do not know to be certain and not to criticize or condemn things of which I am not sure. I will refrain from uttering words that can cause division or discord, or that can cause the family or the community to break. I will make all efforts to reconcile and resolve all conflicts, however small.



SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH OF
SAN JOSE

Right Speech

Kind words do not cost much. They never blister the tongue or lips. They make other people good-natured. ~ *Blaise Pascal*

Handle them carefully, for words have more power than atom bombs. ~ *Pearl Strachan*

Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill.
~ *Buddha*

Let thy speech be better than silence, or be silent.
~ *Dionysius of Halicarnassus*

Better to remain silent and be thought a fool than to speak out and remove all doubt. ~ *Abraham Lincoln*

Centering *See Leader Notes.*

Preliminaries *Make church announcements; get a volunteer to light the chalice; pass the bowl of quotations.*

Opening / Chalice Lighting
~ Anonymous, in Singing the Living Tradition, #434

Read in unison:

May we be reminded here of our highest aspirations, and inspired to bring our gifts of love and service to the altar of humanity.

May we know once again that we are not isolated beings, but connected, in mystery and miracle, to the universe, to this community and to each other.

Check-in *Briefly share a high and low point of your life this past week.*

Reading Round the Circle *Going around the circle, read the quotations drawn from the bowl, one at a time. If the group wishes to, they may also read the quotations on the front of this order of worship.*

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. Sharing should be about five minute per person.*

Reading *See reverse of this order of worship.*

Discussion *Please be supportive in your comments on others' sharing or when you share something additional you would like to say about the topic.*

Singing
~ Singing the Living Tradition, #402

Repeat two or three times, gazing around the circle as you sing:

From you I receive,
 To you I give,
 Together we share,
 And from this we live.

Closing/ Extinguishing Chalice
~ Miguel Angel Ruiz, The Four Agreements

Join hands or link arms and read together:

Be impeccable with your word.
 Speak with integrity.
 Say only what you mean.
 Avoid using the word to speak against yourself or to gossip about others.
 Use the power of your word in the direction of truth and love.

Amen. Shalom. Blessed be. Shanti, shanti, shanti.