



SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH OF
SAN JOSE

Are We Grown-Ups Yet?

- “To know how to grow old is the master-work of wisdom, and one of the most difficult chapters in the great art of living. ~Henri Amiel
- The great thing about getting older is that you don't lose all the other ages you've been. ~Madeleine L'Engle
- I am old enough to see how little I have done in so much time, and how much I have to do in so little. ~Sheila Kaye-Smith
- We are always the same age inside. ~Gertrude Stein
-

Centering
(See leader notes)
To bring us fully present, we will begin with a centering practice

Preliminaries
Make church announcements; get a volunteer to light the chalice.

Opening / Chalice Lighting
~ Carol Meyer
Responsive reading:
We are people of all ages who enter this space bringing our joys and our concerns.
We come together in hope.
We greet each other warmly with our voices and our smiles.
We come together in peace.
We light the chalice to symbolize our interdependence and our unity.
We come together in harmony.
We share our growth and our aspirations.
We come together in wonder.
We share our losses and our disappointments.
We come together in sorrow.
We share our concern and our compassion.
We come together in love.
We come to this place bringing our doubts and our faith.
We come together as seekers.
We sing and pray and listen. We speak and read and dream. We think and ponder and reflect. We cry and laugh and center. We mourn and celebrate and meditate. We strive for justice and for mercy.
We come together in worship.

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

Readings from the Bowl
Pass a bowl or a basket with the readings around the circle taking turns reading them aloud.

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.

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, #231
Bring many names, beautiful and good, celebrate, in parable and story, holiness in glory, living, loving God. Hail and hosanna! Bring many names!

Old, aching God, grey with endless care, calmly piercing evil's new disguises, glad of good surprises, wiser than despair: Hail and hosanna, old aching God!

Young, growing God, eager, on the move, saying no to falsehood and unkindness, crying out for justice, giving all you have: Hail and hosanna, young, growing God!

Great, living God, never fully known, joyful darkness far beyond our seeing, closer yet than breathing, everlasting home: Hail and hosanna, great living God.

Closing/ Extinguishing Chalice
~ Ean Huntington Behr
Join hands or link arms and read together:
You are in the story of the world.
You are the world coming to know itself.
May you trust that all you will ever say or do
Belongs in the story of the world..