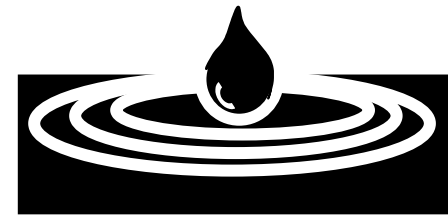


**From the Small
Group Ministry
Frequently
Asked Questions
(FAQ)**

The purpose of the content and process is to create gatherings that invite intimacy, allow for serious engagement with religious and spiritual topics, and lead toward expression of our principles and values in action...

The core of the content for Small Group Ministries is the group's shared life stories in response to thought provoking UU oriented themes, and the insights we draw from them.



SMALL GROUP MINISTRY
FIRST UNITARIAN CHURCH OF
SAN JOSE

Those who have touched our lives

“Take courage friends.
The way is often hard, the path is never clear,
And the stakes are very high.
Take courage.
For deep down, there is another truth:
You are not alone.”
-- Wayne B. Arnason

| | | | |
|---|--|---|---|
| Preliminaries | Encouraging everyone to participate. | Feedback | After all have shared, you may wish to acknowledge one another in a very brief response. For example: “I was touched when you described...” or “I really felt connected with you when you said...” or “When you said ..., I remembered something that happened to me, too...” |
| Opening/ Chalice Lighting Hymnal #447 By Albert Schweitzer | At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. | Singing What Wondrous Love Hymnal #18 | What wondrous love is this, O my soul, O my soul, What wondrous love is this, O my soul. What wondrous love is this, That brings my heart such bliss, And takes away the pain Of my soul, Of my soul, And takes away the pain Of my soul. |
| Check-in | Going around the circle, take one or two minutes to share your joys or concerns, what’s happening in your life, what you are going through. | To love and to all friends, I will sing, I will sing, To love and to all friends, I will sing. To love and to all friends Who pain and sorrow mend, With thanks unto the end, I will sing, I will sing, With thanks unto the end, I will sing. | |
| Responsive Reading By Jacob Trapp, adapted | What is precious is you in others, others in you. <i>We enter into the being and lives of others, as they do into ours.</i> Sometimes momentarily. <i>Sometimes enduringly.</i> This is what love essentially is, to be part of one another. <i>In simple sympathy, in close friendship, in shared stories, in sorrow and in joy.</i> | Closing/ Extinguishing the Chalice Hymnal #434 By Anonymous | Join hands or link arms as you read the closing words together. 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. |
| Sitting in Silence/ Reflection | Relax your body. Breathe slowly and evenly. If you wish, reflect on small ways we touch each other’s lives—a recent time when you have given someone a special smile, a few gentle words, a little favor. Or when someone has done the same for you. | | |
| Sharing/ Deep Listening | Please share the responses you have to the questions you answered prior to the session. If you brought a memento, photograph, or drawing, please pass it around the circle. | | |