

WHAT I BELIEVE by Michael Blumenthal

I believe there is no justice,
but that cottongrass and bunchberry
grow on the mountain.
I believe that a scorpion's sting
will kill a man,
but that his wife will remarry.
I believe that, the older we get,
the weaker the body,
but the stronger the soul.
I believe that if you roll over at night
in an empty bed,
the air consoles you.
I believe that no one is spared
the darkness,
and no one gets all of it.
I believe we all drown eventually
in a sea of our making,
but that the land belongs to someone else.
I believe in destiny.
And I believe in free will.
I believe that, when all
the clocks break,
time goes on without them.
And I believe that whatever
pulls us under,
will do so gently
so as not to disturb anyone,
so as not to interfere
with what we believe in.



SMALL GROUP MINISTRY
FIRST UNITARIAN CHURCH OF
SAN JOSE

Brokenness

Centering *See Leader Notes.*

Preliminaries *Get volunteer to light the chalice and 2 readers for the long readings. Be sure everyone has a copy of the readings..*

Opening / Chalice Lighting
~ Kahlil Gibran
(Read aloud together)
Your reason and your passion are the rudder and the sails of your seafairing soul, if either your sails or your rudder be broken, you can but toss and drift, or else be held at a standstill in mid-seas. For reason, ruling alone, is a force confining; and passion, unattended, is a flame that burns to its own destruction.

Check-in *How goes thy spirit? What do you need to leave behind in order to be fully present here and now? 2-3 sentences*

Reading
~ C. S. Lewis
To love at all is to be vulnerable. Love anything, and your heart will certainly be wrung and possibly broken. If you want to make sure of keeping it intact, you must give your heart to no one, not even to an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements; lock it up safe in the casket or coffin of your selfishness. But in that casket- safe, dark, motionless, airless--it will change. It [may] not be broken; it will become unbreakable, impenetrable, [and] irredeemable

Sitting in Silence

Reading *Reading on back page*

Sharing/Deep Listening *Speak the thoughts and feelings that arose as you did the preparation for this session. Sharing should be about five minute per person.*

Deeply listening, without response or thought of response at this time, is the gift we give and receive as we share our thoughts.

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
Lean on Me, by Bill Withers, Hymnal #1021

Sometimes in our lives
We all have pain
We all have sorrow

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
Till I'm gonna need
Somebody to lean on

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

(chorus)

Just call on me brother
When you need a hand
We all need somebody to lean on

I just might have a problem
That you'll understand
We all need somebody to lean on

Closing/ Extinguishing Chalice
~Langston Hughes

Join hands or link arms as you read the closing words together.
Hold fast to your dreams, for without them life is a broken winged bird that cannot fly