

Unitarian Universalist Church in Eugene
Small Group Ministry Program

Changing Through Relationships
Lesson plan session 4 February 2011

CHALICE OR CANDLE LIGHTING OR SOUND A CHIME (2 to 3 minutes for this and silence and opening words)

MOMENT OF SILENCE

OPENING WORDS

What is precious is you in others, others in you.

We enter into the being and lives of others, as they do into ours.

Sometimes momentarily.

Sometimes enduringly.

This is what love essentially is, to be part of one another.

In simple sympathy, in close friendship, in shared stories, in sorrow and in joy.”

-Jacob Trapp

CHECK-IN (up to 20 to 30 minutes total with up to 2 to 3 minutes per person)

TOPIC AND SHARING (up to 70 minutes for readings, questions, a few minutes for reflection and making notes if desired, individual sharing, optional open discussion at the end if the group agrees, with an optional 5 minute break about midway in the session)

READINGS

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.

-Albert Schweitzer

From a dictionary and thesaurus. Mentor: noun; an experienced and trusted adviser, guide, guru, counselor, consultant, confidant. Mentor: verb; to advise or train. Mentor was the name of the adviser of the young Telemachus in Homer's Odyssey when Odysseus left for the Trojan war.

The greatest good you can do for another is not just to share your riches but to reveal to him his own.

-Benjamin Disraeli

Mentoring brings us together – across generation, class, and often race – in a manner that forces us to acknowledge our interdependence, to appreciate, in Martin Luther King, Jr.'s words, that “we are caught in an inescapable network of mutuality, tied to a single garment of destiny.” In this way, mentoring enables us to participate in the essential but unfinished drama of reinventing community, while reaffirming that there is an important role for each of us in it.

-Marc Freedman

Our greatest joy and our greatest pain comes in our relationships with others.

-Stephen R. Covey

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QUESTIONS (Please respond to whichever question or questions you feel moved to answer. It is not necessary to respond to all of the questions. You may also respond to any of the readings that you find to be particularly meaningful.)

1. When you think about individuals who have had an impact on you, in what way did they influence you, and why do they come to mind?
2. Share your experience of having and/or being a mentor or a role model.
3. How have relationships been a catalyst for growth or transitions in your life?

SHARING (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

ADMINISTRATIVE MATTERS (up to 5-10 minutes)

- Confirm next meeting date, time, location, and topic.
- Consider discussing the service project.
- Other

LIKES (celebrations, gratitudes, appreciations for needs met) and WISHES (mournings, requests, acknowledgements of needs not met)/CHECK-OUT (a few words or phrases from each who wants to share, up to 5 minutes total)

CLOSING WORDS (2 minutes for words, and closing)

May we offer to one another, and to ourselves, the fruits of our lives, that others, in return, may be a source of inspiration to those whose lives they touch.

-Adapted from Howard Thurman

EXTINGUISH THE CHALICE OR CANDLE OR SOUND A CHIME (and additional optional closing ritual if agreed to)

(Preparation for the facilitator. Please bring the SGM Facilitator Training Manual, paper and writing implements, the lesson plan, and your calendar/date book.)

Lesson plan prepared by the Small Group Ministry steering committee (Laura Adams; Dick Loescher, chair; Sandy Moses; Leora White) and Rev. Alicia Forsey 12/6/10