Be the Change
Greenville UU Fellowship, Greenville, South Carolina
Covenant Group Session Plan
Revised by Pam Stevenson October 2020

Welcome, Chalice Lighting: *Here we are, together in this space. By our love and by our covenant, we make this a holy place. We light the chalice of Unitarian Universalism in honor of the light that lives in each of us, the light that shines among us, and the light we bring into the world.*

Personal Check In: Briefly share something from your life since we last met and how you are feeling now.

Opening Words:
Be the change that you wish to see in the world.
~Mahatma Gandhi

Note: This quote is disputed as being from Gandhi, per scholars who have studied his writing. His great grandson has said that it can be considered a paraphrase of what he might have said. http://timesofindia.indiatimes.com/city/ahmedabad/Misquotes-that-Bapu-is-forced-to-wear/articleshow/10211948.cms?referral=PM

Questions to prompt and guide discussion:

1. What changes do you need/want to have happen inside yourself? In your relationships? In the world around you?
2. What have you done to make changes?
3. What keeps you from "being the change"?
4. As you look back on some of the biggest changes in your life, what can you say you learned about yourself in the process? What help and support was most effective for you as you worked through times of change?

Readings- Words from the Common Bowl: Quotes/Readings

Sitting in Silence

Sharing - (This is a time to speak without interruption and for deep listening. Deep listening means no interrupting, no fixing, no saving, no advising, and no setting each other straight. Please share one or more responses to the session questions)
Open Discussion -(This is a time to respond to something another person said about the topic or to relate additional thoughts that may have occurred as others shared their thoughts on this topic. Continue to practice deep listening.)

Closing reading:
I am only one but still I am one.
I cannot do everything, But still I can do something.
And because I cannot do everything I will not refuse to do the something that I can do.
~Edward Everett Hale

Announcements/Plans
Check out: As we close today, how are you feeling now?
Extinguish the Chalice
We extinguish this flame but not the light of truth, the warmth of community, or the fire of commitment. These we will carry in our hearts until we are together again.

Readings

Let there be peace on earth, and let it begin with me;
Let there be peace on earth, the peace that is meant to be.
With God as Creator, family all are we.
Let us walk with each other in perfect harmony.

Let peace begin with me, let this be the moment now.
With every step I take, let this be my joyous vow:
To take each moment and live each moment in peace eternally.
Let there be peace on earth, and let it begin with me.
~Words and Music by Sy Miller and Jill Jackson

If you don't like something, change it. If you can't change it, change your attitude.
~Maya Angelou

For the past 33 years, I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been 'No' for too many days in a row, I know I need to change something.
~Steve Jobs

Hold fast to dreams
for if dreams die
life is a broken-winged bird
that cannot fly.
Hold fast to dreams
for when dreams go
life is a barren field
frozen with snow.
~ Langston Hughes

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.
~Margaret Mead

Rosa Parks was the queen mother of a movement whose single act of heroism sparked the movement for freedom, justice and equality. Her greatest contribution is that she told us a regular person can make a difference.
~Marc Morial

The most common way people give up their power is by thinking they don’t have any.
~Alice Walker

My heart is moved by all I cannot save: So much has been destroyed. I have to cast my lot with those who, age after age, perversely, with no extraordinary power, reconstitute the world.
~Adrienne Rich