



Connecting during the Pandemic

Covenant Group Session Plan

Greenville Unitarian Universalist Fellowship, Greenville, South Carolina

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Welcome, Chalice Lighting: *Here we are, together in this virtual 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.

Reading

Pandemic

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,
on trying to make the world
different than it is.

Sing. Pray. Touch only those
to whom you commit your life.

Center down.

And when your body has become still,
reach out with your heart.

Know that we are connected
in ways that are terrifying and beautiful.

(You could hardly deny it now.)

Know that our lives
are in one another's hands.

(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

—Lynn Ungar 3/11/20, UU Minister

Sitting in Silence (one minute of silence to reflect on the reading)

Questions:

1. What ways of connection have sustained you in the last few days?
2. What gives you hope?
3. What else do you want to share with the circle right now?

Sharing and discussion- 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.

After each person has shared once, respond to something another person said or relate additional thoughts that may have occurred as others shared.

Closing reading:

Spirit of Community, in which we share and find strength and common purpose, we turn our minds and hearts toward one another seeking to bring into our circle of concern all who need our love and support: those who are ill, those who are in pain, either in body or in spirit, those who are lonely, those who have been wronged.

(Here people may say the names of those to be remembered.)

We are part of a web of life that makes us one with all humanity, one with all the universe.

We are grateful for the miracle of consciousness that we share, the consciousness that gives us the power to remember, to love, to care.

~ Frederick E. Gillis, Reading #501 *Singing the Living Tradition*

Announcements/Plans

Check out: As we close today, how are you feeling now?

Extinguish the Chalice