



Creativity

Greenville UU Fellowship – Greenville, South Carolina

Covenant Group Session Plan

Based on session from UU Fellowship of Raleigh, NC. Chris Abbate, February 2016. Revised by David Frick, March 2022

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: Share something from your life since we last met & how you are feeling now.

Opening Reading

Sometimes you've got to let everything go- purge yourself. If you're unhappy with anything... whatever is bringing you down, get rid of it. Because you'll find that when you're free, your true creativity, your true self comes out.

~ Tina Turner, widely referred to as the "Queen of Rock 'n' Roll"

Questions to prompt and guide discussion

1. In what ways do you express your creativity? What are you currently creating in your life?
2. Think of some times when you used your creativity to solve a problem or address a situation. What was the experience and how do you feel?
3. Where does your creativity come from? What inspires you?
4. What gets in the way of you following your desire to create? How might you change that?

Sitting in Silence (Reflect on questions just posed as you prepare to hear the readings)

Readings (See below)

Sharing: This is a time to speak without interruption and for deep listening. Please share one or more of your responses to the session questions or the readings.

(This is usually a good time to take a brief break)

Open Discussion: This is a time to respond to something another person said or to relate additional thoughts that may have occurred as others shared.

Closing Reading:

While we have the gift of life, it seems to me the only tragedy is to allow part of us to die- whether it is our spirit, our creativity or our glorious uniqueness.

- Gilda Radner, American actress and comedian, 1946-1989.

Announcements/Plans

Personal 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 carry in our hearts until we meet again.

Readings:

There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.

~ Martha Graham, American modern dancer and choreographer. 1894-1991

Why should we all use our creative power...? Because there is nothing that makes people so generous, joyful, lively, bold and compassionate, so indifferent to fighting and the accumulation of objects and money.

~ Brenda Ueland, American journalist and writer, 1891-1985

To realize originality one has to have the courage to be an amateur.

~ Marianne Moore, American poet, 1887-1972

Each of us is an artist
Whose task it is to shape life
Into some semblance of the pattern
We dream about. The molding
Is not of self alone, but of shared
Tomorrow and times we shall never see.
So let us be about our task.
The materials are very precious and perishable.
~ Rev Arthur Graham, UU Minister, *73 Voices*

We humans are not creatures of instinct who all build our nests in the same way. Throughout our day, whether at home or at work, we humans adapt and innovate, improvise flexibly, at times acting from our 'gut feelings', at times from options we imagine and systematically try out, one after the other. Our creativity may involve anything from making breakfast to solving a major conflict with one's boss.

~ Ruth Richards, *Everyday Creativity and New Views of Human Nature*

To live a creative life we must lose our fear of being wrong.

~ Joseph Chilton Pearce, American author

Creativity can be described as letting go of certainties.

~ Gail Sheehy, American author and writer

Let the beauty we love be what we do. ~ Rumi, *The Essential Rumi*, translated by Coleman Barks

You can't use up creativity. The more you use, the more you have. ~Maya Angelou

Creativity comes from trust. Trust your instincts. And never hope more than you work.

~Rita Mae Brown, American feminist writer.

Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun. ~Mary Lou Cook, Actress

Imagination is more important than knowledge. For while knowledge defines all we currently know and understand, imagination points to all we might yet discover and create. ~Albert Einstein