



FRIENDSHIP

Covenant Group Session

Greenville Unitarian Universalist Fellowship, Greenville, South Carolina

Revised by Pam Stevenson and Denise Frick

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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.*

Opening Words

Friendship is born in the moment when one person says to another: "What! You too? I thought I was the only one!"

~C.S. Lewis

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

Questions for sharing and discussion:

1. What does it take to be a good friend? How are you a good friend?
2. What are the deal-breakers in relationship, for you?
3. What do you do when there is a power difference between you and a friend? (One leads—one follows)
4. What do you do when trust is broken, or a friendship changes?
5. What is your responsibility to a friend who seems stuck on a tough problem? (Like complaining, blaming, making poor choices, etc.)

Readings – see below

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 one another straight. Please share one or more responses to the session questions or readings.

Break

Discussion time: 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:

And in the end, the love you take is equal to the love you make. ~Paul McCartney

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 carry in our hearts until we are together again.

READINGS

Nobody sees a flower—really—it is so small it takes time—we haven't time— and to see takes time, like to have a friend takes time. ~Georgia O'Keeffe (1887-1986)

A friend is someone who makes it easy to believe in yourself. ~Heidi Wills

Be courteous to everyone, but intimate with few, and let those few be well proven to you before you give them your complete trust. True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to that name.

~ George Washington (1732-1799)

Singing and shared laughter create bonds of friendship. When you laugh or sing together, you aren't young and old, teacher and pupil, brown and white, worker and boss, or whatever. When you laugh or sing together, you don't feel afraid. You are just there together, being human beings.

~ Lee Grant

True friendship multiplies the good in life and divides its evils. Strive to have friends, for life without friends is like life on a deserted island... to find one real friend in a lifetime is great good fortune; to keep your friend is a blessing.

~Baltasar Gracian (1601-1658)

Many people will walk in and out of your life, but only true friends will leave footprints in your heart.

~Eleanor Roosevelt (1884-1962)

To the soul, there is hardly anything more healing than friendship. ~Thomas Moore (1779-1852)

I would rather walk with a friend in the dark than alone in the light. ~Helen Keller (1880-1968)

A friend is one to whom one may pour out the contents of one's heart, chaff and grain together, knowing that gentle hands will take and sift it, keep what is worth keeping, and with a breath of kindness, blow the rest away.

~Dinah Maria Craik (1826-1887)

Sometimes the measure of a friendship isn't your ability to not cause harm, but your capacity to forgive the things done to you and ask forgiveness for your own mistakes.

~Randy K. Milholland

A messy house is a must - it separates your true friends from other friends. Real friends are there to visit you not your house!

~Jennifer Wilson

We should always have three friends in our lives—one who walks ahead who we look up to and follow; one who walks beside us, who is with us every step of our journey; and then, one who we reach back for and bring along after we've cleared the way.

~Michele Obama