



VALUES

Greenville UU Fellowship, Greenville, SC

Covenant Group Session Plan

Prepared by Bill Henry March 2021

Welcome, Chalice Lighting:

Let our sharing together provide a place where memories are rooted, where mysteries are pondered, where dreams are nourished, where love is freely given, where failures are owned and accepted, where sorrows are transformed, where our lives are deepened, challenged and uplifted and where we can share the gift of laughter. Let this be such a time and place.

~Adapted from Rev. David E. Bumbaugh

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

Opening Reading:

Values are defined as the regard that something is held to deserve; the importance, worth, or usefulness of something; principles or standards of behavior; one's judgment of what is important in life. May these thoughts inspire you to live your life based upon your highest values so that you may live your dreams.

Questions to prompt and guide discussion:

1. What values must you have in your life to feel fulfilled?
2. What types of values keep showing up in your life?
3. What are the values that are core to the way you live your life, maintain your relationships, parent your children, and/or interact with others?
4. What values challenge or stretch you the most?
5. Is your deepest morality based on rational arguments or are your arguments rationalizations of the emotional capacities you've acquired in early childhood?
6. Can there be values rooted in positive emotions rather than existential fears and insecurities?

Silence

Sharing - Deep listening--no cross talk. Everyone has a chance to speak once before anyone speaks twice.

Each person shares as he or she feels ready, and it is OK to pass. When others speak, do not respond with words.

Attentive body language, listening deeply and accepting what they are saying without thinking how you want to react are ways to honor our covenant to each other.

Break

Open Discussion: During this time, everyone shares freely, enlarging on and reacting to others' ideas. However, be careful not to interrupt or finish people's sentences.

Check out: As we close today, what do you want to be a part of your story this week?

Closing Reading:

"Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny." -- Mahatma Gandhi

Announcements/Plans

Extinguish the Chalice

Readings

“There are some values that you should never compromise on to stay true to yourself; you should be brave to stand up for what you truly believe in even if you stand alone.”— Roy T. Bennett, *The Light in the Heart*

“It is not until you change your identity to match your life blueprint that you will understand why everything in the past never worked.”— Shannon L. Alder

“Rare are the handful of principles that incessantly drive us to stand even when we face the stark realization that we will likely perish in the standing. And rarer still is the person who will surrender all to protect such principles. Yet, the rudimentary principles of freedom and liberty pristinely untarnished by greed and selfishness took captive the hearts of simple people and raised this nation up from untamed wilderness and unchecked tyranny. And let us all be warned that without renewed adherence to these principles, we will rapidly return this nation to untamed wilderness and unchecked tyranny.”— Craig D. Lounsbrough

“Core values serve as a lighthouse when the fog of life seems to leave you wandering in circles; when you encounter that moment where every decision is a tough one and no choice seems to clearly be the better choice.”— J Loren Norris

“In the long run, relationships/partnerships falter and ultimately break when there are no shared values, or one or both parties fail to live by the shared values.”— Assegid Habtewold

“When your values are clear to you, making decisions becomes easier.”-- Roy E. Disney

“I don't fear being outspoken. The only thing I fear is losing my sense of integrity or losing sight of the values on which I guide my life. So I don't think it's particularly brave or unusual for me to speak out.”
— Constance Wu

“August: You know, somethings don't matter that much...like the color of a house...But lifting a person's heart--now that matters. The whole problem with people--”

Lily: They don't know what matters and what doesn't...

August:...They know what matters, but they don't choose it...The hardest thing on earth is to choose what matters.”

— Sue Monk Kidd, *The Secret Life of Bees*

“Don't let the bastards get you down. Stay true to yourself and your values. Most of all, keep going.”

— Hillary Rodham Clinton, *What Happened*