



What is Your True Nature?

Greenville UU Fellowship – Greenville, South Carolina

Covenant Group Session Plan

Based on session from Unitarian-Universalist Fellowship of La Crosse, WI, by Diana Haines, April 2013. Adapted by Gayl Glover, March 22, 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 Words:

“Your time is limited; don’t waste it living someone else’s life. Don’t be trapped by dogma, which is living the result of other people’s thinking. Don’t let the noise of other’s opinion drown your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary.” – *Steve Jobs*

Introduction to Topic:

Am I shaped by the circumstances of my personal history, or am I still free to move and grow, to uncover a new path?

How do we name ourselves? Which word reveals what is most true to our nature? When I say I am a child of an alcoholic, I feel small and afraid. When say I am a therapist, I feel caring. When I say I am a father, I feel responsible. Each name brings a way of seeing and responding to the world.

Questions and Discussion:

Feel free to answer any of the following questions.

1. Describe who you are.
2. What is the single phrase that you repeat when describing yourself?
3. Are you fragile or are you strong?
4. Are you broken or are you whole?
5. When you listen to your inner life, what do you hear?
6. What is the core of your being?
7. What is your true nature?

Silence (reflect on the questions posed as you prepare to share your responses to the questions and your poem, inspired by the prompts below)

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 responses to one or more of the session questions.

If you are interested, please fill in the blanks to the following poem, and share it with the group during this time, as well:

I am (two special characteristics)

I wonder (something you are curious about)

I hear (an imaginary sound)

I see (an imaginary sight)

I want (an actual desire)

I am (the first line of the poem restated)

I pretend (something you pretend to do)

I feel (a feeling about something imaginary)

I touch (an imaginary touch)

I worry (something that really bothers you)

I cry (something that makes you very sad)

I am (the first line of the poem repeated)

I understand (something you know is true)

I say (something you believe in)

I dream (something you actually dream about)

I try (something you make an effort to do)

I hope (something you actually hope for)

I am (the first line of the poem repeated)

(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 Words:

Who Am I?

My head knocks against the stars.

My feet are on the hilltops.

My finger-tips are in the valleys and shores of universal life.

Down in the sounding foam of primal things I reach my hands and play with pebbles of destiny.

I have been to hell and back many times.

I know all about heaven, for I have talked with God.

I dabble in the blood and guts of the terrible.

I know the passionate seizure of beauty

And the marvelous rebellion of man at all signs reading "Keep Off."

My name is Truth and I am the most elusive captive in the universe.

~ Carl Sandburg

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 are together again.