**Hate**

Greenville UU Fellowship

Covenant Group Session Plan

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

**Opening Words:**

Never does hate cease by hating in return; only through love can hatred come to an end. Victory breeds hatred; the conquered dwell in sorrow and resentment. They who give up all thought of victory or defeat may be calm and live happily at peace. Let us overcome violence by gentleness; let us overcome evil by good. Let us overcome the miserly by liberality; let us overcome the liar by truth. ~Dhammapada (Reading 597 from *Singing the Living Tradition)*

**Questions to prompt and guide discussion:**

1. How often do you find yourself saying that you ‘hate’ something (i.e., a food, a color, a person, etc)? Is that really true? How else could your feelings be expressed?
2. Share your experience from having worked in an environment of negativity and/or hate. How did that make you feel? What did you do to make things better for yourself?
3. How do you feel you might be able to contribute to/foster an environment of nonviolence and/or less or no hate in your current work, social or living settings? What are some of the things you could do to help foster a more positive environment?

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

**Readings- Words from the Common Bowl: Quotes/Readings**

**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 one or more responses to the session questions.

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

**Open Discussion -**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:**

…May every living being, seen or unseen, those dwelling far off, those living nearby, those already born, those waiting to be born, may all attain inward peace. Let no one deceive another. Let no one despise another in any situation. Let no one, from antipathy or hatred, wish evil to anyone at all……

~Buddhist (Reading 598 from *Singing the Living Tradition*)

**Announcements/Plans**

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

**Extinguish the Chalice**

**Readings**

No one is born hating another person because of the color of his skin or his background or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than it’s opposite. ~Nelson Mandela

I don’t hate people. I just feel better when they aren’t around. ~Charles Bukowski

Hatred does not cease through hatred at any time. Hatred ceases through love. This is an unalterable law. ~Buddha

Hatred is settled anger. ~Marcus Tullius Cicero

You can never find rest until you learn to finally let go of the hatred and hurt that lives in your heart. ~Unknown

Hate has caused a lot of problems in this world, but it has not solved one yet. ~Maya Angelou

Hatred is like acid – It will eat into your soul and kill you before you die. ~J.M. White

Promote what you love instead of bashing what you hate. ~Unknown

People will hate you, rate you, shake you and break you, but how strong you stand is what makes you. ~Anonymous

I think that hate is a feeling that can only exist where there is no understanding. ~Tennessee Williams

Love me or hate me – both are in my favor. If you love me, I’ll always be in your heart… If you hate me, I’ll always be in your mind. ~Unknown

Hating people is like burning down your house to get rid of a rat. ~Harry Emerson Fosdick

Haters only hate the people they can’t have or the people they can’t be. ~Anonymous

People think we had a love/hate relationship. Well, I did not love him, nor did I hate him. We had mutual respect for each other – even as we both planned each other’s murder. ~Werner Berg

Hate crimes are the scariest thing in the world because these people really believe what they’re doing is right. ~Cher

I have decided to stick with love. Hate is too great a burden to bear. ~Dr. Martin Luther King, Jr.

Never waste a minute thinking about people you don’t like. ~Dwight D. Eisenhower

Men build too many walls but not enough bridges. ~Joseph Fort Newton

I will permit no man to narrow or degrade my soul by making me hate him. ~Booker T. Washington

We hate some persons because we do not know them, and will not know them because we hate them. ~Charles Caleb Colton

Never hate people who are jealous of you, but respect their jealousy. They are the people who think that you are better than them. ~Anonymous

Hate crimes against individuals do harm to more than just that person. ~Bill Cullen

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**Further Reading and Reference -** Please read or listen to before coming to Covenant Circle

Hate, the word or deed, is never to be taken lightly. Hate has an insidious network of tentacles/roots/fibers that grow quickly and silently and, if allowed, will infest all with which it comes in contact. A person who says “I hate ¬¬¬\_\_\_\_\_\_\_\_” (that food, that color, that season, etc.,) will ever so slowly but nevertheless fully grow a feeling of negativity and dissatisfaction such that it becomes increasingly difficult for that person to be happy.

Hate spreads from one person to another to another and can make whole groups of people largely dissatisfied and/or angry and even mean. A hate-filled group of people is a serious force to be reckoned with. A group of people who deliberately set out to hate whatever it is that they don’t like/agree with/is different from themselves can make a very frightening and unsafe environment for those who feel differently from that group.

But it doesn’t have to be that way. People who are willing to be aware of their own feelings or patterns of speech, behavior and/or action and who notice the level of negativity they espouse most likely do not generally mean it when they say that they ‘hate’ green beans or the color purple or cats or snow or a certain type of music or art or whatever. I believe that what they most usually mean is that the ‘whatever’ is not their favorite, or not really to their liking, or may even make them uncomfortable. Given their druthers, they would most likely choose something else.

Hating things is really not necessary. In our vast English language, there are far better terms to use to express our feelings about things. If you really want to live this life you have been given, be more aware of how you feel about the things you think about or encounter. Life is too short to spend it being miserable. Granted, it seems that life is not always fair – and it’s not – but it is what it is – and it is what you make it.

~ Pam Stevenson

**Audio**

Sermon given by Rev. Jeff Jones at GUUF, December 3, 2017, **“Watch Your Language”.**

Rev. Jones’ sermon is an invitation, with ample examples, to consider how our language can both reflect and shape our attitudes.

<https://greenvilleuu.org/services/watch-your-language/>