**Something that Touches You**

Greenville UU Fellowship

Covenant Group Session Plan

**Advance Task**

**Bring a reasonably brief poem, prose paragraph or song** that has touched your heart, and **be ready to share it/read it** and tell the group what it has meant to you. So that everyone can see as well as hear your selection, **please bring enough copies** to distribute to the Circle.

**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

**Opening Reading**

Be ye lamps unto yourselves; be your own confidence.

Hold to the truth within yourselves as to the only lamp.

 ~Buddhist, reading #679 in S*inging the Living Tradition*

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

**Readings**

What is poetry if not, among other things, an instrument

That helps us take readings of our own hearts?

~ Parker Palmer

We are here to abet creation and to witness it, to notice each thing so each thing gets noticed. Together we notice not only each mountain shadow and each stone on the beach, but we notice each other's beautiful face and complex nature so that creation need not play to an empty house.

~ Annie Dillard

I want to write something

so simply

about love

or about pain

that even

as you are reading

you feel it

and as you read

you keep feeling it

and though it be my story

it will be common,

though it be singular

it will be known to you

so that by the end

you will think –

no, you will realize –

that it was all the while

yourself arranging the words,

that it was all the time

words that you yourself,

out of your own heart

had been saying.

~ Mary Oliver

**Questions to prompt and guide discussion.**

1. What about this piece touches your heart?
2. Has it changed your life? If so, how?
3. Tell the Circle about the first time you experienced or encountered this piece.
4. What in this piece speaks to your own life experience?

**Silence**

**Sharing:** (Deep listening--no cross talk) This is a time to speak without interruption and for deep listening. Please share one or more of your responses to the session questions.

Read aloud the selection that you’ve brought that has touched your heart, and tell the Circle what it has meant to you.

**Sitting in Silence:** Breathe together in silence for two minutes.

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

**Announcements/Plans**

**Personal Check Out:**

*How would you like to be held in heart and mind before we meet again?*

**Closing Reading:** (this reading or one specific to the session)

May the light around us guide our footsteps, and hold us fast to the best and most righteous that we seek.  May the darkness around us nurture our dreams, and give us rest so that we may give ourselves to the work of our world.  Let us seek to remember the wholeness of our lives, the weaving of light and shadow in this great and astonishing dance in which we move.

~Kathleen McTigue, UU Minister, Dir of the UU College of Social Justice, UU Service Committee

**Extinguish the Chalice**