



SMALL GROUP MINISTRIES

Mind, Body, Soul

You don't have a soul. You are a Soul. You have a body. - C.S. Lewis

The body is an instrument, the mind its function, the witness and reward of its operation. - George Santayana

The mind's first step to self-awareness must be through the body. - George Sheehan

Opening and Chalice Lighting

Blessed is the fire that burns deep in the soul. It is the flame of the human spirit touched into being by the mystery of life. It is the fire of reason; the fire of compassion; the fire of community; the fire of justice; the fire of faith. It is the fire of love burning deep in the human heart; the divine glow in every life.

- Eric A. Heller-Wagner,

1997 UUMA Worship Materials Collection (from UUA Worship Web)

Quiet Reflection

We need silence to be able to touch souls.

- Mother Theresa

Sharing/ Check-In

Take two or three minutes to share how you are spiritually, psychologically, emotionally, and physically. You can speak or you can pass. We want to know how you are in this moment.

Topic Reading

I SING the Body electric;

The armies of those I love engirth me, and I engirth them;

They will not let me off till I go with them, respond to them,

And discurrup them, and charge them full with the charge of the Soul.

Was it doubted that those who corrupt their own bodies conceal themselves;

And if those who defile the living are as bad as they who defile the dead?

And if the body does not do as much as the Soul?

And if the body were not the Soul, what is the Soul?...

...The exquisite realization of health;

O I say, these are not the parts and poems of the Body only, but of the Soul,

O I say now these are the Soul!

- excerpts from "I Sing the Body Electric" by Walt Whitman

Break/Quiet Contemplation

The body is a sacred garment.

- Martha Graham

It's also helpful to realize that this very body that we have, that's sitting right here right now... with its aches and its pleasures... is exactly what we need to be fully human, fully awake, fully alive.

- Pema Chodron

Sharing/Deep Listening

Speak about this topic in any way that is comfortable to you. If you choose to use the questions, focus on just one or two, as this will allow you to go deeper into the topic.

- How does your physical being affect your spiritual well-being? Do you have physical rituals or spiritual practices that you engage in during times of stress?
- How do you feel and act when you encounter a person who is visibly disabled or disfigured? What does our shared belief in the "inherent worth and dignity of every human being" call you to do in such a situation?
- Advocates for the disabled remind us that we are all "temporarily abled." Have you ever had a disability - temporary or permanent - that presented you with a spiritual challenge? How did you handle it?

Discussion

This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.

Checkout/ Likes & Wishes

What did you like about this meeting? What would you like to see change at future meetings?

Closing Reading/ Extinguish Chalice

We walk this earth but a brief moment in time.

Amid our suffering and pain, however great or small, let us continue to learn how to celebrate life. Let us continue to grow in our capacity to love ourselves and each other. And let us continue to move toward the goal of a just world community.

Go this day in a renewed spirit of peace and hope and with the wisdom to greet the new week.

- Tim Haley, 1997 UUMA Worship Materials Collection (from UUA Worship Web)