



SMALL GROUP MINISTRIES

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## Creating Change

Life is either a daring adventure or nothing. To keep our faces toward change, and behave like free spirits in the presence of fate, is strength undefeatable.

- *Helen Keller*

Choosing a goal and sticking to it changes everything.

- *Scott Reed*

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### Chalice Lighting

To face the world's shadows—a chalice of light.  
To face the world's coldness—a chalice of warmth,  
To face the world's terrors—a chalice of courage.  
To face the world's turmoil—a chalice of peace.  
May its glow fill our spirits, our hearts, and our lives.  
- *Lindsay Bates (from UUA Worship Web)*

### Quiet Reflection

It is understanding that gives us an ability to have peace. When we understand the other fellow's viewpoint, and he understands ours, then we can sit down and work out the differences.  
- *Harry S Truman*

### 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 Readings

“Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly.”

“We know through painful experience that freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed. Frankly, I have never yet engaged in a direct action movement that was ‘well-timed,’ according to the timetable of those who have not suffered unduly.”

- *Martin Luther King Jr., passages from his Letter from the Birmingham City Jail, April 1963*

### Break/Quiet Contemplation

Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed it is the only thing that ever has. – *Margaret Mead*

Great things are not done by impulse, but by a series of small things brought together.  
-*Vincent Van Gogh*

Every generation needs a new revolution. – *Thomas Jefferson*

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People don't resist change. They resist being changed. – *Peter Senge*

Only the wisest and stupidest of men never change. – *Confucius*

Change is the law of life and those who look only to the past or present are certain to miss the future. – *John F. Kennedy*

How wonderful it is that nobody need wait a single moment before starting to improve the world. – *Anne Frank*

The only way to discover the limits of the possible is to go beyond them into the impossible. – *Arthur C. Clarke*

Things do not change, we change. -- *Henry David Thoreau*

There is a certain relief in change, even though it be from bad to worse; as I have found in traveling in a stagecoach, that it's often a comfort to shift one's position and be bruised in a new place. – *Washington Irving, in Tales of a Traveler (1824)*

For the mind to flower it has to go beyond what it knows. – *Mother Meera*

### **Sharing/Deep Listening**

*Speak about this topic in any way that is comfortable to you. Perhaps one of the following questions will spur your thoughts on creating change. 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 have you been involved in creating change in your life, your family's or in the larger community? Was there a change that was particularly memorable?
- What are the challenges you had to confront in bringing about change?
- How do you react to the statement that people naturally resist change?
- Is there a change that you'd like to bring about, either in your own life or in the community? How are you planning to make that happen?

### **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?

### **Announcements**

### **Closing Reading/ Extinguish Chalice**

Some men see things as they are and say, "Why?"  
I dream of things that never were and say, "Why not?"  
– *George Bernard Shaw*