



SMALL GROUP MINISTRIES

Junk or treasure? By Liz Macera

The wise man carries his possessions within him.

Opening and
Chalice Lighting
(1 min.)

We come to this evening knowing that it is but one evening.
Yet out of all the hours in the week this is one that is set apart:
an evening that is saved, an evening that is savored.

It is a time for us to recognize what gives life meaning.
It is a time to honor what we value.
It is a time to celebrate our lives.

Let us then celebrate, honor, and recognize
that we might fully savor this evening we have saved.---Louise Robeck

Introduction to the topic (1
min.)

Sharing/Check-In
(30 min.)

Take this time to share how you are spiritually, psychologically, emotionally, and physically. We want to know how you are in this moment. Include anything you need to get rid of in order to fully be here with us tonight.

Response to Check-In
(5 minute)

Respond to the check in by asking others clarifying questions or to deepen their remarks.

Topic Readings
(3 min.)

While, in general, life satisfaction goes up with wealth, beyond the safety net more and more wealth brings very radically diminishing returns on life satisfaction.
Steve Jurvetson

There are only two kinds of freedom in the world; the freedom of the rich and powerful and the freedom of the artist and the monk who renounces possessions.—
Anais Nin

The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty, and Truth. The trite subjects of human efforts, possessions, outward success, luxury have always seemed to me contemptible.—Albert Einstein

Make wisdom your provision for the journey from youth to old age, for it is a more certain support than all other possessions.

Time is at once the most valuable and the most perishable of all possessions. —John Randolph

Americans become unhappy and vicious because their preoccupation with amassing possessions obliterates their loneliness. This is why production in American seems to be on such an endless upward spiral: every time we buy something we deepen our emotional deprivation and hence our need to buy something. —Philip Saltier

I have everything, yet have nothing; and although I possess nothing, still of nothing am I in want. —Terence (185-159BC)

Junk is the ultimate merchandise. The junk merchant does not sell his product to the consumer, he sells the consumer to the product. He does not improve and simplify his merchandise, he degrades and simplifies his merchandise.
--William S. Burroughs

Break/ Quiet
Contemplation (10 min.)

Sharing/Deep Listening
(40 min.)

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 explore the topic in more depth.

- ◆ What have you brought to share? It must have meant to you at some time. What did it mean? How/why has it lost its meaning or value to you?
- ◆ How do possessions help or hinder your life?
- ◆ Was there a time in life when you owned little? Owned a great deal? How do those times compare?
- ◆ Does having more possessions mean that others have less? How do you/ should you share your wealth?

Quiet Reflection
(1 min.)

Let's join together in a few moments of shared silence, holding what each of us has spoken, as well as what remains unspoken, within the circle of this group. Together, may we celebrate each other's joys and offer our kindness and compassion to those among us who are struggling.

Discussion
(10 min.)

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

Likes & Wishes
(10 minutes)

Announcements
(2 min.)

Any announcements?
Service project

Closing Reading/
Extinguish Chalice

We leave blessed by our connections to one another, to the spirit of life.
Walk lightly that you see the life that is below your feet.

(2 min.)

Spread your arms as if you had wings and could dance through the air.
Feel the joy of the breath in your lungs and the fire in your heart.
Live to love and be a blessing on this earth.
Susan Karlson