

Committed Relationships

Chalice Lighting

Come in with all your vulnerabilities and strengths, fears and anxieties, loves and hopes. For here you need not hide, nor pretend, nor be anything other than who you are and are called to be.

Come into this place where we can touch and be touched, heal and be healed, forgive and be forgiven.

Come into this place, where the ordinary is sanctified, the human is celebrated, the compassionate is expected.

Come into this place. Together we make it a holy place.
Rebecca A. Edmiston-Lange

Sharing of Joys and Sorrows

Silence, holding ourselves and each other in silent support.

Shared Readings:

Love cures people, both the ones who give it and the ones who receive it.

Karl Menninger

Because passionate love breaks down walls and at first does it in such a sovereign way, we are rarely willing to admit how little that initial barrier breaking is going to count when it comes to slow, difficult, accepting of two isolated human beings who want to be joined in a lasting relationship.

May Sarton

The journey of love is a very long journey.
But sometimes with a sigh you can cross that vast desert. Search and search again without losing hope; You may find sometimes a treasure on your way.

Mohammed Iqbal

Blessed is the influence of one true, loving human soul on another.

George Eliot

Deep Sharing/Deep Listening

Round I: From the front of this bulletin, choose three words that strike you as essential characteristics of a healthy relationship. You may circle three or fill in your own.

Round II: Using the homework as a guide, share about your personal experience or philosophy of relationship in your life.

Round III: Have you discovered anything about yourself and your ideas of a loving relationship?

Closing Reading

We sense that there can be no true communion between human beings until they have in fact become beings: for to be able to give oneself one must have taken possession of oneself in that painful solitude outside of which nothing belongs to us and we have nothing to give...and one might even say that I begin to communicate with others as soon as I begin to communicate with myself. Louis Lavelle

Song "Go Now in Peace"

Group Business

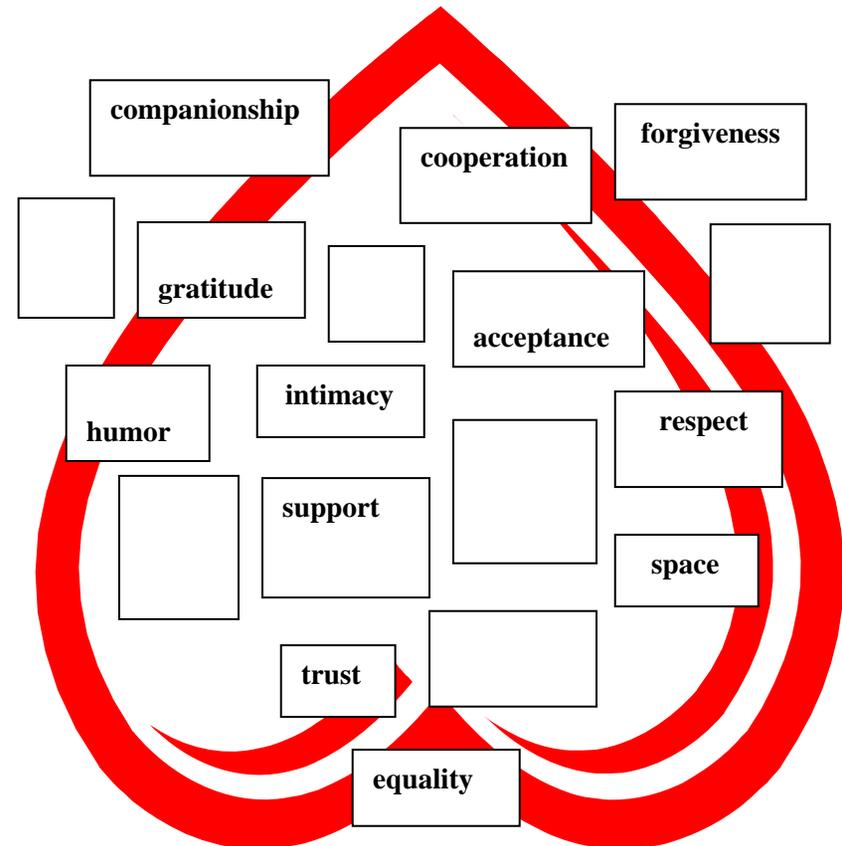
Covenant Groups

Committed Relationships

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group.
- to honor the group by letting the leader know if I will be absent.
- to avoid cross talk, giving feedback or trying to fix anyone
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others.
- to not gossip about what is shared in the group, and not tell other people's stories.
- to listen to what others share with an open heart, and to share deeply in my turn.



Leader's Notes for Relationships

Chalice Lighting: (2 min)

Ask someone to read the chalice lighting reading found in the bulletin

Sharing of Joys and Concerns: (10 min)

Ask group members to tell in one or two sentences...How you are today? Share information about absent members.

Silence: (3 min)

Give your group the gift of three minutes of silence. Time it!

Shared Readings: (5 min)

Go around your group, letting each person in turn read from Shared Readings found in the bulletin

Deep Sharing/Deep Listening: Do your rounds of deep sharing/deep listening..

Round I: (10 min)

From the front of this bulletin, choose three words that strike you as essential characteristics of a healthy relationship. You may circle three or fill in your own.

Round II: (40 min)

Using the homework as a guide, share your personal experience or process of relationship in your life.

Round III : (10 min)

Have you discovered anything about yourself and your ideas of a committed relationship?

Closing Words: (10 min)

Read the quote in the bulletin

Song "Go Now in Peace" (2 min)

Group Business (3 min)

Pass out Q and Q (homework) for next time.

Pass out notice for the Potluck on Sunday, April 13 at 5:30 in the Social Hall. Ask one person to either help set up (come at 4:45) or clean up at the end. Also ask one person to bring a table decoration. Tablecloths will be provided. Contact Heather Harwick, hhabg@yahoo.com to let her know who will help set up/clean up.

Committed Relationships

From the time we're in our early adolescence, we begin to think about who we want as a partner. Dating usually begins in adolescence. In the process of connecting and breaking up we learn what we want, need and expect in a relationship. Some of us find a partner when we're young and keep him or her for a lifetime. Many of us are in and out of relationships during our adult life. Some of us choose to remain single. However our journey has taken us, intimate relationships during the journey are always meaningful. In or out of a relationship, our attitude towards committed relationships can give us insight about ourselves.

Quotes

No partner in a love relationship...should feel that he has to give up an essential part of himself to make it viable.

May Sarton

If you knew how I felt inside, you would not act that way outside.

But most likely,

If I knew how you felt inside

I would not mind so much the way you act outside.

Why don't we try

turning ourselves

inside out!"

Edward T. Atkinson

... our romantic relationships... We expect them to save us and they can't.

Jonathan Hull

This is what transforms our relationships and our lives. We must love the self first. And we cannot do that until we have healed and become whole.

The Times of India, Opinion Page

The first duty of love is to listen.

Paul Tillich

A good relationship has a pattern like a dance and is built on some of the same rules. The partners do not need to hold on tightly, because they move confidently in the same pattern... There is no place here for the possessive clutch, the clinging arm, the heavy hand; only the barest touch in passing.

Anne Morrow Lindberg

Questions

Ponder any of these questions you like to prepare for sharing with the group. You may give specific examples from your life, or simply develop your philosophy of relationship now and how it has changed over time.

- What are the pros and cons of being in a committed relationship?
- What is your history of wanting or not wanting a relationship?
- What do you want from a relationship?
- What do you expect from a relationship?
- What is involved in making a relationship healthy and lasting?
- What can destroy a relationship for you? Do you have an example?
- Describe your philosophy of relationship with a metaphor (for example a garden, a dance, a book, etc)
- Describe a past relationship and what you learned about yourself.
- Where are you now in terms of relationship?
- Where do you expect to be in the future in terms of relationship?

PLEASE MARK YOUR CALENDARS:
COVENANT GROUP POTLUCK, SUNDAY, APRIL 13 AT 5:30 SOCIAL HALL.

A TIME TO SOCIALIZE WITH YOUR GROUP, MEET OTHER COVENANT
GROUP MEMBERS AND SHARE IDEAS AND TOPICS FOR NEXT YEAR.