

# Gathering for UU 4<sup>th</sup> Principle

*This Gathering has suggestions for introducing sections. Some sections use a timer / clock.*

## Words of the Day

*As people arrive, ask them to write the Words of the Day and put them in the basket.*

One belief that has remained true throughout my life is ...

## Opening

**Chalice Lighting** *“We’ll begin with the chalice lighting.” Ask for a volunteer.*

This fire is a reminder of the light within us all;  
the yearning for freedom,  
the longing for truth,  
the flame of intuition,  
the torch of conscience.  
We dedicate this [gathering] to the remembrance of this Holy Light.  
*Gregory David Miller*

**The Basket** *“Now we’ll read the Words of the Day. I’ll start and pass to the right (left).”*

## Being Together

**Sharing of Joys and Concerns** *“We’ll share joys and concerns. I’ll begin. Will you go next?”*

**Silence, holding each other in support** *“Now a few minutes of silence” (2 or 3 minutes)*

**Shared Readings** *“I’ll start the first Shared Reading. Will you go next?”*

Life has meaning only in the struggle. Triumph or defeat is in the hands of the Gods. So let us celebrate the struggle! *Stevie Wonder*

I tore myself away from the safe comfort of certainties through my love for truth; and truth rewarded me. *Simone de Beauvoir*

I do not know who God is; but I have witnessed the Healing Power of Love, the Beauty of Nature, and the Wisdom of my Soul. If God can be understood in those terms, then don’t you think, we all have already found the truth? I feel humanity needs to Stop Searching and Start Living the Truth.  
*Manprit Kaur*

People who fit don’t seek. The seekers are those that don’t fit. *Shannon L. Alder*

I have always believed, and I still believe, that whatever good or bad fortune may come our way we can always give it meaning and transform it into something of value. *Hermann Hesse*

There is not one big cosmic meaning for all, there is only the meaning we all give to our life, an individual meaning. *Anaïs Nin*

Love is our true destiny. We do not find the meaning of life by ourselves alone – we find it with another. *Thomas Merton*

I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive. *Joseph Campbell*

In addition to the traditional concept of true commitment that means you are willing to die for what you think is right, make equal space for the womanly concept of commitment that means you are willing to live for what you believe. *June Jordan*

Challenging the meaning of life ... is the truest expression of the state of being human. *Viktor Frankl*

## Deep Listening and Sharing

**Round 1. Deep Sharing.** *“Now we share reflections on the 4<sup>th</sup> Principle and the preparation.” Begin, or if you're not ready, ask who can go first.*

**Round 2. Responses and Comments.** *After all have shared or passed, check the time. Say “We have about \_\_ minutes for a 2nd round.” Begin your response or ask who can start.*

## Closing

**Closing Circle** *“We'll go around the circle and say a word or sentence about what we are taking away from the session. I'll go first, and would you be willing to go next?”*

**Chalice** *“Now we extinguish the chalice.” Read in unison or ask for a volunteer.*

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We keep these in our heart until we meet again.

**Song/Chime** *Ask for a volunteer.*

## Announcements

### The Covenant

#### I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share responsibility for good process by watching how much time I take to speak, noticing what is going on for others, and considering problems if they occur
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, giving advice, or advocating a specific view
- to share as deeply as I can when it is my turn and to stay on the “I-message.”