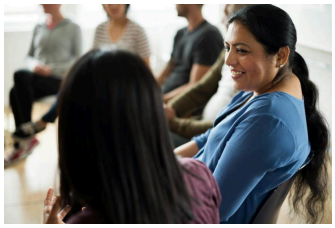
Woven FAITH

September: Interdependence

Adults (U.S.) Small Group Ministry on Interdependence

Part of Living Our UU Values Curriculum (https://www.uua.org/lifespan/curricula/woven-faith/living-values/curriculum)

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Introduction

Please watch this brief video introduction of this month's theme (Vimeo) (https://vimeo.com/1213671110?share=copy&fl=sv&fe=ci) .

Supply List

- Chalice and candle

Table of Activities

Element	Description	Time
Opening Words and Chalice-Lighting	Come, Come, whoever you are	1 minute
Introducing Woven Faith Small Group Ministry	Information about the program	2 — 3 minutes
Community Agreements	How we're together + values covenant	3 — 5 minutes
Introductions and Check-In	Name, pronouns, reason for joining	3 — 15 minutes
Focus Reading	What if we are so much a part of the Earth	2 minutes
Centering	Moment of silence	1 minute
Focus Questions	Connection, interdependence, support for belonging	15 – 45 minutes
Closing Words	We are not above creation	1 minute
	Total Time	**30 — 90 minutes**

Opening Words and Chalice-Lighting (1 Minute)

Come, Come, whoever you are

Wanderer, Worshipper, lover of leaving

Ours is no caravan of despair.

Come, yet again, come.

(though you've broken your vows a thousand times)

~ Singing the Living Tradition #188 Adapted from Rumi

Introducing Woven Faith Small Group Ministry (2–3 Minutes)

Small Group Ministry is an opportunity for individual spiritual growth, while developing relationships of substance and depth. These groups encourage deep listening and personal reflection. They are not groups designed for discussion or supporting individuals. Instead they invite participants to turn their attention to the experiences of others as well as to reflect honestly and deeply on their own experiences.

Participants are asked to share openly and deeply. These groups value listening deeply without interrupting or responding, starting and ending on time, committing to all sessions, and confidentiality.

The Small Group Ministry sessions follow the monthly themes of Woven Faith. They are written to be used by various types of groups. The sessions are designed by a team of Unitarian and Unitarian Universalists from around the globe, intentionally bringing a broader perspective to our spiritual deepening to de-center the U.S. American expressions of faith and invite UUs of all ages to see themselves within our global community. This session differs from the global community session in that it includes the U.S. UU values as the covenant.

Each session follows the same basic format and is led by a facilitator who is also an equal participant in the group. Each member agrees to follow the covenant, which each group can make together and hold each other to the agreements.

Community Agreements (3–5 Minutes)

We agree together on how we'll be in this space:

- Deep listening, without cross-talk
- Confidentiality and safety
- Sharing own experiences, willing to be vulnerable
- Sharing the space, speaking only once until all have spoken

Our Covenant

Our covenant is in our shared UU values, all centered around LOVE:

- Interdependence: We honor the interdependent web of all existence and acknowledge our place in it.
- Pluralism: We are all sacred beings, diverse in culture, experience, and theology.
- Equity: We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion.
- Transformation: We adapt to the changing world.
- Generosity: We cultivate a spirit of gratitude and hope.
- Justice: We work to be diverse multicultural Beloved Communities where all feel welcome and can thrive.

Introductions and Check-In (5–15 Minutes)

We invite you to share your name and pronouns, your connection to this community, and one reason you joined this small group.

Focus Reading (2 Minutes)

> What if we are so much a part of the Earth that when we dislike ourselves, we also, essentially, dislike the Earth? What if, when we (kind of) hate ourselves, we (kind of) support the worldview that has led to global climate change in the first place, the one that says we human beings are separate from the planet,

> separate from other creatures, separate from the circle of life itself? What if, instead, we could love ourselves into wholeness? What if we could love ourselves into genuine justice for all?

~ Rev. Karen Van Fossan, “Love Is Abolition Is Earth Justice”

from *Love at the Center: Unitarian Universalist Theologies*

Centering (1 Minute)

One minute of silence for participants to center themselves for listening and sharing.

Focus Questions (15–45 Minutes)

This is a time for listening deeply, without comment or discussion. Each participant is given around 3 minutes to respond to a question, and all participants share before moving on to the next question. Please decide on time as a group, based on the number of people present, and find a timekeeper.

1. When do you feel most connected to other humans, other creatures, the earth, the circle of life, itself?
2. Share a brief story about a person or community which has helped shape who you are.
3. What is something you have learned about asking for help? Has it changed over time?
4. What is one way you might embrace the practice of interdependence? How might you change a decision, relationship, or habit?
5. What would help you bring your whole self, including your spirituality, into this group for future sessions?

Closing Words (1 Minute)

We are not above creation. We are creation.

We are not above the world. We are the world in its ongoing complexity.

~ Báyò Akómoláfé, philosopher, author, and founder of The Emergence Network

PREVIOUS: Adults Global (https://www.uua.org/lifespan/curricula/woven-faith/living-values/curriculum/interdependence/sgm/adults-global)

UP: Small Group Ministry (https://www.uua.org/lifespan/curricula/woven-faith/living-values/curriculum/interdependence/sgm)

NEXT: Older Adults (https://www.uua.org/lifespan/curricula/woven-faith/living-values/curriculum/interdependence/sgm/older-adults)

Get a print-friendly version of Living Our UU Values Curriculum (https://www.uua.org/book/export/html/175680) (or just the Adults US section (https://www.uua.org/book/export/html/4/176834)) including all sub-pages.

About the Author



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