

November ~ USG SGM ~ Service

Chalice Lighting

The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope. ~ Barack Obama

Check In *Share briefly what has been on your mind lately or highs and lows since we last met.*

Quotes for Inspiration

If you have come to help me, you are wasting your time. But if you have come because your liberation is tied up with mine, then let us work together.

~ Lill Watson, aboriginal activist

Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared. ~ Buddha

The first question which the priest and the Levite asked was: "If I stop to help this man, what will happen to me?" But the Good Samaritan reversed the question: "If I do not stop to help this man, what will happen to him?" ~ Martin Luther King Jr.

Service which is rendered without joy helps neither the servant nor the served. But all other pleasures and possessions pale into nothingness before service which is rendered in a spirit of joy. ~ Mahatma Gandhi

It is not enough to give bread, love must be our calling. Then will the poor forgive us the bread that we give them. ~ St. Vincent de Paul

Reading

Gandhi believed that service to others was a natural part of living in a community and of being human. Men and women have skills and assets that they freely give away every day. Sometimes it's a smile, some days it is a strong back or a kind word, and others it is the ability to make clothing from scratch or to help a single mother balance her budget for the month. Service is natural, but in order for it to change a community, the world, and the servant, one must become aware of their gifts, and then of the sensation of being engaged in service. ~ Brandi Remington

Spiritual Exercises

- 1) Do something to be of service.
- 2) Ask someone how you can be of service to them, and then do it if you can.

Questions for Contemplation

- 1) What constraints do you put on your service commitments? Where do they come from?
- 2) Where are the edges of your comfort zone when it comes to serving others and how can you work to move beyond those boundaries?
- 3) Remember someone who served you in some critical way and how it felt to be helped by them. Why do you think they reached out to you? Have you considered giving back in some way either directly or in their honor?
- 4) Look ahead to some form of service that you are contemplating in the coming weeks or months and consider if that experience would be energizing or depleting of your internal resources. What impact would that service have on those close to you? What are your motivations for serving?

Sitting in Silence *Take a few minutes to sit quietly and reflect on this topic.*

Sharing/Deep Listening *Deeply listening without responding or thought of responding is the gift we give and receive as we share our thoughts on today's topic.*

Reflection *This is a time to supportively respond to something another person said or relate additional ideas that have occurred to you as others have shared.*

Reading in Unison

Love is the spirit of this church, and service is its law; this is our great covenant: to dwell together in peace, to seek the truth in love, and to help one another. ~ James Vila Blake

Extinguishing the Chalice

Some came here to be blessed with answers in a tumultuous world. Let us hope too, however, that many of us have been blessed with questions to direct us with a clarity of mind to steer our logic towards kindness and justice always. ~ Ma. Theresa Gustilo Gallardo