

Small Group Ministry
Session Plan
Dark and Light Together

Opening words:

Dark and Light Together.

Never totally one, never totally the other.

Always existing together, moving together, betwixt and between.

Changing through the year, some times darker, some times lighter.

Bonded companions, where there is one there is the other. *Helen Zidowecki*

This time of moving into darkness and then moving toward light occurs *every* year. But this year seems overwhelming with external pandemic, politics and global climate change adding to the shorter hours, oncoming cold, etc.

Check-in and Sharing: How is it with you today?

Topic: Dark and Light Together

The cycle of the seasons is reliant on darkness and light around us. The equinoxes of March and September herald the balance and the solstices of June and December note the greater and lesser ranges of light and dark. All through the year, there is a balance, a competition, and moving back and forth between dark and light. Of those four points, celebrations occur most around the world at Winter Solstice. And the greatest sense of competition. And the greatest sense of one being greater or needed more in our life cycle than the other.

Balance of Dark and Light

From “Celebrating Light and Darkness During the Winter Solstice” by Caroline <http://www.bloomandspark.com/bringing-light-to-the-darkness-during-the-winter-solstice/>,

Depending on your beliefs, this can be a spiritual time, or the relaxing recharge you need before the new year begins. While taking more time for stillness, we contemplate the balance of darkness and light within ourselves. This time of year is about embracing the darkness, while celebrating the turning point where we will now begin to get a little more light each day. We are coming out of the darkness, so to speak. The winter solstice is the time to honor the gifts of the darkness, while celebrating the return to the light.

Before we call back the light into our celestial rodeo we honor those important aspects of the darkness. For so many people the holidays and this dark time of the year can bring on sadness and depression. Create a space for the sadness and bring forth those emotions in a place of stillness to surrender them to be transformed by the oncoming light. To do this you may want to write about them in your journal

or write them on slips of paper which you can burn in your Yule fire. Release your anger, regrets and resentments to the darkness.

At the same time we're experiencing the dark and heavy aspects of the season, we also find balance in the light. It's this time of year that we light candles, build fires, and decorate our houses with twinkling lights. With our instinct to turn towards the light in this time of darkness, it's also a time to turn toward the light within. The stillness in nature evokes a stillness within ourselves to stop and listen, and examine our connection to spirit and purpose.

Reflections:

How do you describe or define darkness and light, literally, metaphorically, spiritually?

Where do we see as the relation of dark and light in nature?

Describe times when you have desired each as a balance to the other?

Moving through Winter Solstice,

What is the energy inside of you that gives you your light?

How can you grow that light?

Let the light bring clarity and purpose to your life in the new year.

Closing Words

May the blessing of the Solstice be upon you.

As you move toward Solstice, may you know the richness that is within you and the and comfort and renewal from the quiet dark.

As you approach Solstice itself, may you rejoice in the light that brings forth the possibilities.

May you ever find solace, understanding and renewed energy in the bonded companions of darkness and light.

When we show and share our light on our world it brings out the light in others, and in a way we add to the increasing light in the world.

Unitarian Universalist Community Church, Augusta, Maine, December 2020
Thursday Morning Small Group Ministry