Small Group Ministry

Group Session Plan – Parents, Adolescents

**Remembering Your Child**

**Materials Needed:**

Journals, Chalice

**Opening Words:**

“It kills you to see them grow up. But I guess it would kill you quicker if they didn’t”

*-Barbara Kingsolver (CoA, 94)*

**Lighting the Chalice:** As Unitarian Universalists we embrace creation is its many and mysterious forms.

**Check in:** This is a time to briefly share how you are doing today, in order to free yourself to be present here. This is a time to listen with full attention to each other and accept each person’s sharing in silence.

**Topic/Activity**: *Read reflectively, pausing a few minutes with each line:*

This is a guided imagery focusing on what has changed in our lives as our children are entering or have entered adolescence.

Find a comfortable position. Allow your eyes to close if you would like.

Think of your child, not as he or she is today, but remember the day you first held your child in your arms. What were you thinking of as you gazed into your child’s eyes?

Think of your child as he or she first learned to walk. Where were you? What were you thinking?

Think of your child as he or she played with a friend. What thoughts went through your head?

Think of your child as he or she began to figure out his or her skills, talents, loves, passions. What were you thinking?

Think of your child hugging you. Does his or her head reach your chin? Are you now looking up at your child? Eye to eye? Can you still rest your chin on her or his head? How do you feel about that?

*Allow time before inviting all to write for 10 minutes in their journals before opening up the evening to discussion of their thoughts. Remember to affirm the need to grieve, but also to celebrate growth.*

**Check-out/Likes and Wishes**: How was the session for you?

**Closing:** “My child, never forget what I have taught you. Store my commands in your heart.”

*Proverbs 3:1(CoA, 95)*

*Parenting Adolescents,* Karen Fisk, Unitarian Universalist Community Church, Augusta, ME

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