**Small Group Ministry**

**Group Session Plan**

**Life Souvenir**

Preparation: Invite participants to bring an object (letter, stone, ring, hat, icon, picture, tool, instrument, certificate, etc.) which holds significant meaning for their life and spiritual journey.

**Opening Words** "Come As You Are"

What you believe, bring with you as you come.

If you have doubts, bring them with you also.

Come as you are, and inescapably must come, if you would be yourself,

Be unashamed, even, of your shame, at least within yourself.

Of others, ask no more -- or less.

Let us be what we are as best we can.

No one is perfect,

No one is better or worse than another

For no one has lived the life of the other.

All are seekers, no matter how much they have found,

All are in need, no mater how much they resent it,

All are proud, no matter how humble they wish they were.

Let belief; doubts, shame, pride, humility, and the inescapability of self sit side by side in

mutual and self-respect.

Until there comes the feeling that, in depth of understanding arid of feeling,

We are one.

J. Donald Johnston

**Check-in/Sharing**

**Topic/Activity**

Share the stories and meanings around what you have brought.

1. Was it hard to choose what to bring?
2. Where do keep the object?
3. Do others know the meaning this holds for you?
4. Who would you like, someday, to have this?

**Likes and Wishes**

**Closing Words** Hold on to what is good, even if it is a handful of earth. Hold on to

what you believe even if it is a tree which stands by itself. Hold on to what you must do

even if it is a long way from here. Hold on to my hand even when I have gone away from

you.

Nancy Wood, *Singing the Living Tradition* #688

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