**Small Group Ministry**

**Group Session Plan**

**Power**

Preparation: Plain paper and writing implement.s

**Opening Words**

When we are afraid, when it hurts too much

We like to tell ourselves stories of power

How we lost it and how we can reclaim it.

Starhawk in *Truth and Dare*

**Check-in/Sharing**

**Topic/Activity**

Starhawk describes three kinds of power: power-over, power-from-within, and power-with.

*Power over* comes from a view of the "world as made up of atomized, nonliving parts, valued not for what they inherently are but only in relation to some outside standard." One example is "the God who stands outside the world, outside nature, who must be appeased, placated, feared, and above all, obeyed."

*Power-from-within* is "akin to the sense of mastery we develop as young children with each new unfolding ability. It arises from our sense of connection, our bonding with other human beings, and with the environment."

*Power-with* sees the "world as a pattern of relationships.....It values beings, forces and people according to how they affect others and according to a history based on experience......It is the power of a strong individual in a group of equals. Its source is the willingness of others to listen to our ideas."

Exercise: With these three conceptions of power in mind, draw a circle. Divide it into quadrants. Label three quadrants with the three types of power. Under each type, write a word that describes a feeling you have about that kind of power. Choose one of the three words and, in the empty quadrant, write a sentence or two about that feeling. Share.

**Likes and Wishes**

**Closing Words**

Holding together we can hold on to the memory of who we really are and no barrier can contain us

Holding together in the circle we become healers

Where we are is the center

All our paths are spokes of the wheel.

Starhawk in *Truth and Dare*

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