

Gathering for Commitment (March theme)

There are suggestions for Zoom sessions – speaking in turns, muting, and using Chat for the Words of the Day. Some sections use a timer / clock.

When you join the meeting *Facilitators – do these for yourself first and help others.*

- Check that you are unmuted and have video, if you're using video. Check your volume.
- Make sure your picture box shows your "name tag." Use Rename to change if necessary.
- Make sure you have a copy of the Gathering available.
- **Words of the Day.** Use Chat to write the Words of the Day. Write "A commitment I would like to change is ..." and then complete the sentence.

Chalice Lighting "We'll begin by lighting the chalice." *Ask for a volunteer to read.*

Our ancestors and our descendants are beckoning us,
compelling us onward toward greater connection, greater compassion, greater commitment to one another and to the earth ...

we can do no other than bind ourselves more tightly together,
and throw ourselves into the holy work of showing up, again and again,
to be part of building that world of which we dream but which we have not yet seen.

Ashley Horan, UU organizer (adapted)

Words of the Day "Now we'll read the Words of the Day from the Chat box." *People can't see Chat written before they join, so you might read these yourself or ask people to read their own.*

Sharing of Joys and Concerns "We'll share joys and concerns." *Begin, and then either call on people or ask them to "chain" to the next person. Make sure everyone has an opportunity.*

Silence, holding each other in support "Now a few minutes of silence" (2 or 3)

Shared Readings "I'll start the first Shared Reading." *Begin, and then either call on people or ask them to "chain" to the next person. Make sure everyone has an opportunity to read.*

Promises are the uniquely human way of ordering the future, making it predictable and reliable to the extent that this is humanly possible. *Hannah Arendt*

You are not required to finish your work, yet neither are you permitted to desist from it. *Rabbi Tarfon, in the Pirkei Avot (Jewish "Ethics of the Fathers")*

Trying to get someone to commit can be more about your own ego than about actually valuing the commitment that person makes. *Rachel Zubrin*

The bond that links your true family is not one of blood, but of respect and joy in each other's life. *Richard Bach*

You must be prepared if you believe in something. If you believe in something, you have to go for it. As individuals, we may not live to see the end. *John Lewis*

A promise is a cloud; fulfillment is rain. *Arabian Proverb*

Freedom's just another word for nothing left to lose.
Me & Bobby McGee, Kris Kristofferson & Fred Foster

Set thy heart upon thy work, but never on its reward. *The Bhagavad Gita*

Support can be occasional. It can be given and just as easily withdrawn. Solidarity requires sustained, ongoing commitment. *bell hooks*

With love ... we also practice letting go – trying to find that balance between needing something to be a certain way for us, which is attachment, [and] openness, awareness, and a generosity of the heart. *Sharon Salzberg*

Deep Listening and Sharing

Round 1. Deep Sharing. “Now we share reflections on Commitment and the preparation.” *Note the time available for each person and ask people to mute or remain quiet for each speaker.*

Go first to model. Then ask people to raise their hand if they're ready to go next. Assist with un-muting if needed. Make sure everyone has an opportunity.

Round 2. Responses and Comments. *Note how much time is available for Round 2. People can unmute for freer exchange. Go first to model for the group.*

Closing Circle “In a few words, share what you will take away from this session.” *Begin, and then either call on people or “chain.” Make sure everyone has an opportunity.*

Chalice “We will extinguish the chalice.” *Ask for a volunteer to read.*

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We keep these in our heart until we meet again.

Bell or Chime

Announcements

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share responsibility for good process by watching how much time I take to speak, noticing what is going on for others, and considering problems if they occur
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, giving advice, or advocating a specific view
- to share as deeply as I can when it is my turn and to stay on the “I-message.”