Small Group Ministry

Group Session Plan

**Darkness**

This session plan was developed by Goddess Continuing for Winter Solstice, but can be used by any group at any time.

Opening Words

"Someone I loved once gave me abox full of darkness. It took me years to understand that this too, was a gift." — Mary Oliver

"When you walk to the edge of all the light you have and take that first step into the darkness of the unknown, you must believe that one of two things will happen. There will be something solid for you to stand upon or you will be taught to fly."

— Patrick Overton. The Leaning Tree (1975), Rebuilding the Front Porch of America (1997)

"I'm sorry. Gemma. But we can't live in the light all of the time. You have to take whatever light you can hold into the dark with you." — Libba Bray, A Great and Terrible Beauty

Check in/Sharing: What is alive in you today? What do you need from us today?

**Topic/Activity**

There are many ways to consider darkness. The dark and darkness are perceived as evil, something to be dreaded or feared, something to be avoided. Darkness may also be perceived as respite, a mystery, a source of creativity, or a time for reflection and for the gestation of ideas. Darkness may also be considered in contrast to light, a balance that is needed in our lives.

1. What were your perception(s) of darkness growing up and throughout your lifetime? Where did your understanding of the dark or darkness come from?
2. How do you consider darkness today? What influence does that have on how you live, or your spiritual path?
3. What is your relationship with darkness now?

Check out/Likes and Wishes: How was this session for you?

Closing Words

The darkness takes courage, the darkness takes time.

Living in the darkness is a different state of mind.

The darkness knows healing, the darkness knows change.

O Mother Darkness, we return to you again.

Mary Grigolia, Chorus of the song 'The Dark". 1988

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