

## UU Peacemaking Congregational Study Action Program - Small Group Session Plan

### Session 2A - Interpersonal Peace

#### Chalice/Candle Lighting

##### Opening Words:

The thought manifests as the word;  
The word manifests as the deed;  
The deed develops into character.  
So watch the thought and its ways with care,  
And let it spring from love  
Born out of concern for all beings. - The Buddha (p 13 *Life Prayers From Around the World*, 1996)

There can be no deep disappointment where there is not deep love. - Martin Luther King, Jr.  
(*Letter from Birmingham Jail*, April 16, 1963)

#### Check-in/Sharing

**Discussion:** Whenever we quarrel or feel wronged, the fabric of the interdependent web of life is stretched and maybe torn a bit. Whether we notice the tension or the tear and how we go about attempting to mend it matters.

Reflect on a time when you had a serious disagreement with (or felt wronged by) someone or a group of people you cared deeply about.

- Did you maintain a close relationship during the disagreement? How?
- How did you “make peace” with the other(s)?
- How did “character,” personal needs, and the quality of listening & communications figure in the process?
- What happened to the relationship?
- Why does this matter to you, personally?

#### Select the topic and location for the next meeting

#### Check-out / Likes and Wishes

**Closing Words:** Be gentle with one another – ...  
Who of us can look inside another and know what is there  
Of hope and hurt, or promise and pain? ...  
Our lives are fragile eggs.  
They Crack and the substance escapes.  
Handle with care!  
Handle with exceedingly tender care  
For there are human beings within. ...  
Life is too transient to be cruel with one another;  
It is too short for thoughtlessness,  
Too brief for hurting.  
Life is long enough for caring,  
It is lasting enough for sharing,  
Precious enough for love.

Be gentle with one another. – Rev. Richard S. Gilbert, *Gentleness in Living*