

**Spiritual Experiences**

Rev. Amy Freedman

Date: \_\_\_\_\_

**Small Group Ministry  
Group Session Plan**

**Opening Words:**

Each of us brings a separate truth here,  
We bring the truth of our own life, our own story.  
We do not come as empty vessels. . .  
But rather we come as full people—  
people who have our own story and our own truth.  
We seek to add to our truths and add to our stories.  
This room is rich with truth, rich with experience.  
All manner of people are here: needy. . . joyful. . . frightened. . . anxious. .  
. . . bored. . .  
we all bring our truth with us.  
May we all recognize the truth and the story in everyone's life.  
And may we hear and honor the truths that we all bring as we gather  
together.  
Together we have truths.  
Together we have a story.  
Together we are a community.

-Penny Hackett-Evans

**Check-in**

**Topic:**

*“When we are in touch with being whole, we feel at one with everything. When we feel at one with everything, we feel whole ourselves. Wholeness is the root of everything that the words ‘health’, ‘healing’, and ‘holy’ signify in our language and our culture.”*

Wherever You Go There You Are, Jon Kabat-Zinn

Jon Kabat-Zinn describes what it feels like to have a spiritual experience.

When, if ever, have you had an experience of oneness?

Are there certain activities, people or places that contribute to your sense of wholeness?

Is this an uncommon or constant part of your life?

Do you feel spirituality is important? Why or why not?

**Sharing/ Deep Listening**

**Conversation**

**Likes & Wishes**

**Closing Words:**

And now we take our leave.  
Before we gather here again,  
may each of us bring happiness to another's life;  
may we each be surprised by the gifts that surround us;  
may we each be enlivened by constant curiosity;  
and may we remain together in spirit  
'til the hour we meet again.

-Barbara Cheatham