



SMALL GROUP MINISTRIES

Living With Integrity

Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not. - *Oprah Winfrey*

To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man. - *William Shakespeare, Hamlet*

It is curious that physical courage should be so common in the world and moral courage so rare. - *Mark Twain*

Opening and Chalice Lighting

Life is an art, it requires practice to achieve greatness, but greatness is always waiting, ready to be attained.

May the light of this chalice remind us of the possibility for everyone to achieve truth and goodness in our lives, if only we seek it.

- *Beth Bullmer (UUA, from ICUU.net)*

Quiet Reflection

Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen. - *Winston Churchill*

Sharing/ Check-In

Take two or three minutes to share how you are spiritually, psychologically, emotionally, and physically. You can speak or you can pass. We want to know how you are in this moment.

Opening Reading

I Proudly Introduce the Real Me to the World

Today I will be what I want to be. I will not alienate myself from my needs and my feelings by pretending I am something I'm not. When I disconnect from my true self, I lose touch with my spirit. I become deadened and depressed and wind up throwing part of myself away.

Today I resolve to wake myself up. Living life in a trance is not what I desire. If I need to be touched, if I need attention or recognition, I will acknowledge these needs without feeling ashamed.

No longer do I need to pretend that I'm too powerful or too perfect to have needs. No longer must I "act" my way through life, hoping for emotional leftovers. At this moment, I take time to think about who I really am and what I really want. Through the course of this day I will proudly introduce the "real" me to those around me.

- *Rokelle Lerner, from Daily Affirmation for Adult Children of Alcoholics*

Break/Quiet Contemplation

in-teg-ri-ty – noun

1 : firm adherence to a code of especially moral or artistic values

- *Merriam-Webster Online*

Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity. - *W. Clement Stone*

Before I can live with other folks I've got to live with myself. The one thing that doesn't abide by majority rule is a person's conscience. - *Harper Lee, To Kill a Mockingbird*

It is better not to vow than to make a vow and not fulfill it. Do not let your mouth lead you into sin. - *Ecclesiastes 5.5-6*

Never separate the life you live from the words you speak. – *Paul Wellstone*

The time is always right to do what is right. - Martin Luther King Jr.

The inferior person thinks small sins do no harm,
and so does not give them up.

This sins accumulate

until they can no longer be covered up,
and guilt becomes so great

that it can no longer be wiped out.

- *I Ching, Great Commentary 2.5.8 (from One Heart: Universal Wisdom from the World's Scriptures)*

Don't compromise yourself. You are all you've got.

- *Janis Joplin*

Sharing/Deep Listening

Speak about this topic in any way that is comfortable to you. If you choose to use the questions, focus on just one or two, as this will allow you to go deeper into the topic.

- Does your definition of "integrity" differ from the one provided by Merriam-Webster? How?
- Do you feel your integrity is learned? innate? Where/who do you think you got it from? How would you teach someone else to live with integrity?
- Were there times or specific events that you recall where you feel you exhibited integrity above and beyond the norm? Was there an event in your past for which you thought you were doing the right thing at the time, but in retrospect, now feel you did not?
- Who do you admire that you feel has integrity, famous or otherwise? What about them gives them integrity?
- Have you personally experienced integrity from someone else?

Discussion

This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.

Checkout/ Likes & Wishes

What did you like about this meeting? What would you like to see change at future meetings?

Announcements

Closing Reading/ Extinguish Chalice

To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right.

- *Confucius*