

Wholehearted Living at Its Core

Week 6: *At Your Service*
Reading: **Wholehearted Living at Its
Core: Discerning Your Personal
Core Values, Pgs. 1-16,
Appendices A - D**

Quote(s):

‘We recognize each other on a heart level when we act and speak with open and honest intentions.’ ~ ‘Daily Word’, July 6, 2017

‘The miracle of service is this: when I use what I have, I find there is more available to me than I realized.’ ~ ‘Daily Reflections’, pg. 32

‘One person can make a difference. In fact, it’s not only possible for one person to make a difference, it’s essential that one person makes a difference. And believe it or not, that person is you.’ ~ Bob Riley

Questions:

1. Think about a time when something you said or did made a difference in someone’s life in a noticeably positive way. Had you set out with the intention

of doing so? What response/reaction did you observe from the other person/persons?

2. What feelings come up for you when you hear the word 'lack'? Where does it fit in your current system of belief? Do you believe that 'there is enough' for all?
3. In what ways do you model a belief in the Unity spiritual principle that affirms that we are one with all people? Have you noticed any difference in your personal energy and/or your interactions with others as a result?

'DIG' Deeper (Get Deliberate, Get Inspired, Get Going!):

1. Creativity Video - 'DIG'-ing through music and movement.
<http://www.unitytraversecity.org/industry-leaders-resources>
2. Think of ways in which you can use music and physical movement as catalysts for deepening your belief in oneness with all, or to bring greater joy to you and others as you take your own

unique steps to leave your fingerprint in the world.

3. Begin thinking of ways in which you can integrate the personal core values you've created during this series into your overall life expression.

Looking Ahead:

1. If your group has been working on project or activity together, finalize your plans for its completion and/or sharing with the congregation.
2. Consider ways in which the group can remain connected now that the series is reaching its end.
 - a. Attend the Fall Celebration Event and Fundraiser together on Saturday, November 4.
 - b. Meet for coffee and conversation once a month.
 - c. Connect at the Thanksgiving potluck at the church on November 19.
 - d. Continue practicing together any of the 'DIG Deeper' techniques offered during the series.

- e. Gather again in 3-4 months to share any additional ‘chapters’ you’ve written in your fall book as they pertain to your core values and their outworking in your life.
3. Prepare and place your final ‘leaf’ on the sanctuary ‘Tree of Values’ next Sunday.

Prayer:

As you prepare to close this sixth and final week in prayer, take the ‘Service’ rock you received and hold it gently in your hands. Open your heart to the Oneness you share with all life as you affirm this closing prayer, the Prayer of St. Francis:

‘Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offense, let me bring pardon.
Where there is discord, let me bring harmony.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring light.
Where there is sadness, let me bring joy.

Oh Master, let me not seek as much to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that one receives, it is in self-forgetting that one finds, it is in pardoning that one is pardoned, it is in dying that one is raised to eternal life.

And so it is, amen.

MY FIFTH CORE VALUES IS:
