Eno River UU Fellowship

Covenant Group and Chalice Circle Discussion Guide

Soul Matters Session: Hope

**Chalice Lighting and Opening Reading:** The danger of hopelessness is that we can lose each other. In times of hopelessness, it’s easy to get scared of everything and everyone. It’s easy to start believing that your neighbor is the problem and that hoarding is a better strategy than generosity. The problem is that when community starts to break down, we lose the most important source of hope we have: each other.

###### Rev. Sean Parker Dennison

**Centering/Moment of Silence**

**Check-in**

**Topic Introduction:** Hope doesn’t just promise us that change will come in the future; it also changes who we are in the present. When we believe that a new day is dawning, we don’t just sit down and wait. We get up and go out to meet the light. When hope convinces us that there are unseen forces working for the good, we begin to look around more closely, and in doing so we notice that darkness and pain are not all that is there. When hope’s holy impatience gets into our bones, we start acting as if we deserve that new day now. Which in turn changes others by convincing them that we all have waited long enough.

**Deep Sharing, Deep Listening:**

1. Who is hope for you? Whose way of being in the world helps you believe that tomorrow will be better? What are you doing to ensure that their inspiration remains front-and-center rather than faded and far away?
2. Are you keeping your hopes small? Are you letting past disappointments dictate the size of your dreams? Why?
3. Is hope trying to sooth your heart or disturb it? Is there a holy impatience inside you that is tired of waiting? Is hope itself telling you, “Stop hoping; Start acting, demanding, doing!”
4. Are you clear about the responsibility we have for the hopes of the seventh generation?
5. **What’s your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.**

**Connections & Responses:** *This is a time to supportively respond to something another person has said or to relate additional thoughts that may have occurred as others shared.*

**Pearls**

**Closing Reading & Extinguishing the Chalice:** The Sun will rise and set regardless. What we choose to do with the light while it's here is up to us. Journey wisely.

###### Alexandra Elle