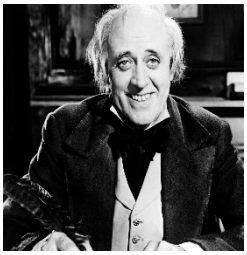
Unitarian Universalist Fellowship of Vero Beach
Covenant Groups
Beginnings
September, 2026

Chalice Lighting

May we know once again that we are not isolated beings,
but connected, in mystery and miracle,
To the universe, to this community, and to each other.

Check-in: What is most on your mind today?

Opening Reading:



"I'm alive! I have a chance to change that I will not be the man I was! I'll begin again. I will build my life. I will live to know that I fulfilled my life. I'll begin today. Throw away the past. And the future that I build will be something that will last. I will take the time I have left to live and I will give it all I have left to give." -Ebenezer Scrooge

Topic Exploration:

Unlike Scrooge, we do not always need three ghosts to create a new beginning. Sometimes the need for change grows slowly, only realized when we step up onto the balcony of our life and recognize the broader picture. Sometimes the need for change is thrust upon us unexpectedly. Life gives us many opportunities for personal new beginnings. Change is inevitable. The important thing is how we choose to deal with it.

Sustainable change starts by asking yourself, "Am I really getting what I want out of life?" People who simply settle for whatever comes their way rather than pursuing their own goals, are probably not living a life based on freely chosen values. Before we can go about building the good life, we must know what it is we want.

Questions/Sharing:

1. How much do you believe you are getting what you want out of life? What are the reasons why you believe this way?

2. How do you cope with change? How easy or difficult is change for you to deal with? What strategies do you use to get through?

3. What has been the most significant change you have made in your life that helped you to be a happier person?

4. Do you know people who believe that their lives are meaningful? Describe one of them. How can you tell that they are living a satisfying lifestyle?

5. What would be one change you could make in your current life to make it more satisfying or joyful?

6. What would be one change you could make *at our Fellowship* to make it more satisfying or joyful for others? Why would your idea benefit others?

Closing Reading:

Often we look so long at the closed door that we do not see the one that has been opened for us." — Helen Keller

Check-out and reflections on today's session: Please express any closing thoughts on the content or process of today's session.

Extinguishing the Chalice

We extinguish this flame but not the light of truth,
The warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

Housekeeping

UUFVB covenant groups program/sb