Unitarian Universalist Fellowship of Vero Beach
Covenant Groups
Showing Courage in Difficult Times
October, 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:



Harriet Tubman, born Araminta Ross, was an African-American abolitionist, Underground Railroad conductor, Civil War scout, spy, and later women's suffrage activist. After escaping slavery in 1849, she made about 13 missions guiding roughly 70 enslaved people to freedom, earning the nickname "Moses." She led the 1863 Combahee River Raid freeing over 700, and later founded the Harriet Tubman Home for the Aged in Auburn, NY, where she died in 1913.

Topic Exploration:

Courage is not simply about being fearless — it's about choosing to act despite fear, with purpose and awareness of the risks involved. An action is courageous when it combines clarity of purpose, realistic risk assessment, and the resolve to move forward.

You understand the potential consequences — not minimizing danger, not exaggerating it, but balancing the costs and benefits. Showing courage is a choice we make based on our values. Courage involves facing fear head-on, knowing it will be present, but choosing to proceed anyway. You acknowledge that the outcome is uncertain and may not go as planned.

Courage is essential for practicing other virtues consistently. Without it, you may act only in safe, low-stakes situations. As Maya Angelou put it, "Courage is the most important of all the virtues, because without courage you can't practice any other virtue consistently."

Questions/Sharing:

1. How do you define courage? How do you know when you see someone acting courageously?

2. Reread the quote from Maya Angelou in our Topic Exploration. What does her quote mean to you?

3. Describe an important time in your life when you acted courageously. What where the circumstances? How did this act of courage change how you felt about yourself?

4. How do you approach risk-taking? How much do you weigh the costs and benefits before taking a risk?

5. Fear can provoke courage when we least expect it. Describe a time in your life when your fear pushed you into acting more courageously than you thought you could.

6. In what ways do you demonstrate courage in practicing your values? How does courage show up in your day-to-day life?

Closing Reading:

"Success is not final, failure is not fatal: it is the courage to continue that counts."
– Winston Churchill

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