

## Session 6: Interdependence

*To the facilitator, remember on each chance to share, let each person share in a circle or to each speak from the silence. If the group speaks from the silence, keep track of who has spoken and do not let another speak until each have had a turn or chosen to pass. If you're on zoom, you can establish an order with the first sharing and put that order of names in the chat.*

*If your group is only doing the six sessions of this program, you'll want to remind people of this at the beginning and end.*

### **Opening Words:**

From Dalai Lama

“Interdependence is a fundamental law of nature. Even tiny insects survive by mutual cooperation based on innate recognition of their interconnectedness. It is because our own human existence is so dependent on the help of others that our need for love lies at the very foundation of our existence.”

### **Sitting in Silence:**

*As a facilitator, invite everyone to sit together in silence. This should be at least a minute, perhaps more. It gives each person a chance to really “arrive” in the space.*

**Reminder:** This is just a reminder that we are living in some strange times. We have each experienced the last more than a year differently and respond differently as circumstances change. We may feel awkward or unsure. As we go through today remember how you are doing in this moment in pandemic. Remember that we each respond to this time in our own unique ways. Allow and offer grace to yourself and to those in the circle as we share in this community.

**Revisit the Covenant:** Read the covenant allowed to keep in present in this time together.

**Checking In:** Share three words that describe how you feel about being here today.

**Meditation:** (participate as you feel comfortable)

Picture yourself sitting where you are. Imagine a magic camera and microphone above you. What does it show? Where are you and what is around you? Now the camera and microphone pan out to above your house. What do they see and hear now? Now back further to see your neighborhood. Now what do the camera and microphone pick up?. Now panning even further back to your city... now your state...now your country. What do you observe from this high view? Pulling back further to see our entire planet. All you have observed before is still there, but at a distance. Now comfortably zoom the camera and microphone back in, picking up your country, your state, your city, all the way back to you in the place where you are sitting.

**Readings: (read one or both)**

**Dependence Day**

By [John Daniel](#)

It would be a quieter holiday, no fireworks or loud parades, no speeches, no salutes to any flag, a day of staying home instead of crowding away, a day we celebrate nothing gained in war but what we're given — how the sun's warmth is democratic, touching everyone, and the rain is democratic too, how the strongest branches in the wind give themselves as they resist, resist and give themselves, how birds could have no freedom without the planet's weight to wing against, how Earth itself could come to be only when a whirling cloud of dust pledged allegiance as a world, circling dependently around a star, and the star blossomed into fire from the ash of other stars, and once, at the dark zero of our time, a blaze of revolutionary light exploded out of nowhere, out of nothing, because nothing needed the light, as the brilliance of the light itself needs nothing.

**By Anrienne Maree Brown:**

"Do you already know that your existence--who and how you are--is in and of itself a contribution to the people and place around you? Not after or because you do some particular thing, but simply the miracle of your life. And that the people around you, and the place(s), have contributions as well? Do you understand that your quality of life and your survival are tied to how authentic and generous the connections are between you and the people and place you live with and in?

Are you actively practicing generosity and vulnerability in order to make the connections between you and others clear, open, available, durable? Generosity here means giving of what you have without strings or expectations attached. Vulnerability means showing your needs."

**Discussion questions:**

- Interdependence is the idea that we are all connected, as part of the whole.
- How has being in this group changed your sense of interdependence with other people in the world?
- How do you believe the church is interdependent with the rest of the world?
- How does understanding our interdependence change how we live?

**Likes and Wishes:**

What did you like about today's meeting (or the whole series). What do you wish could have been different?

**Closing words:**

by Rev. Wayne Arnason

Take courage friends.

The way is often hard, the path is never clear,  
and the stakes are very high.

Take courage.

For deep down, there is another truth:  
you are not alone.