



**Young Adult and Campus Ministry Group Guide**  
*Suggested small group ministry sessions and other resources  
for young adult groups and campus ministries to celebrate  
30 Days of Love 2014*

Follow the Unitarian Universalist Association's  
Youth and Young Adult Office staff as we blog our  
30 Days of Love at [blueboat.blogs.uua.org](http://blueboat.blogs.uua.org)

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## **Week One: Living the Dream**

*During week one of 30 Days of Love we will focus on Martin Luther King's legacy and recommitting to racial justice work.*

### **A. General Resources for celebrating Martin Luther King Jr. Day:**

<http://www.uua.org/worship/holidays/174594.shtml>

### **B. Suggested Small Group or Campus Ministry Session (60 minutes total)**

Chalice lighting (2 min):

#584 in Singing the Living Tradition

*Or see attachment A*

Can be read by one voice, or passed around for many voices

Opening question, popcorn style (5 min): What words come to mind when you think of Dr. Martin Luther King Jr?

Reading (8 min):

From Martin Luther King Jr.'s Autobiography

His "Kitchen Table Moment"

*See attachment B*

Leader may wish to pass the reading around to be read silently, or choose one or several people to read it aloud.

Give the context that this story is taking place in the middle of the Montgomery bus boycott, early in King's career; he has just turned 27 years old

Questions for discussion following the reading (15 min):

- What is your reaction to hearing this story?
- What do you do when unable to face a situation alone?
- What spiritual practices do you or would you turn to when feeling afraid and unable to move forward?

Brainstorm ways to act for racial justice in our communities (10 min):

- ask people to call out ideas, anything from getting involved in local organizations to political campaigns to speaking out against racism among friends
- copy down the ideas people have on a sheet of paper that all can see

Ritual for committing to continued racial justice work (15 min):

- Leader acknowledge the risks we face are much smaller than what King faced, but notes that it can still feel risky to engage in racial justice work. Have the group call out possible risks we face when working toward racial justice, or other things that hold us back. Hold a silence to honor the potential reasons to avoid racial justice work.

- Now have the group name what motivates us to continue fighting racism. Hold a silence to honor all the reasons we are called to this work.
- Last have the group name practices we can use when feeling confused, afraid or overwhelmed in our struggle against racism. Hold a silence to honor the importance of reaching out or turning to our strength within when we are overwhelmed.

Check-out (5 min):

- invite participants to name one thing they are taking away from this session

### **C. Going Deeper:**

At <http://www.uua.org/multiculturalism/> under the Racial Justice heading you can find resources on ending the New Jim Crow, working for a more fair immigration system or learning about the Doctrine of Discovery along with much more!

### **D. Reaching out:**

Who is doing racial justice work on your local community? There may be groups on campus you can partner with or your local UU congregation may already have partnerships with community organizations working on one or more important racial justice issues. Working with others is the most effective way to change our society!

Attachment A: Chalice Lighting

We are caught in an inescapable network of mutuality,  
tied in a single garment of destiny.

Injustice anywhere is a threat to  
justice everywhere...

Before it is too late, we must narrow  
the gaping chasm between our proclamations  
of peace and our lowly deeds which precipitate  
perpetuate war.

One day we must come to see  
that peace is not merely a distant  
goal that we seek but a means by  
which we arrive at that goal.

We must pursue peaceful ends  
through peaceful means.

We shall hew out of the mountain  
of despair, a stone of hope.

#### Attachment B: Reading

Almost immediately after the protest started we had begun to receive threatening telephone calls and letters. They increased as time went on. By the middle of January, they had risen to thirty and forty a day.

From the beginning of the protest both my parents and Coretta's parents always had the unconscious, and often conscious, fear that something fatal might befall us. They never had any doubt about the rightness of our actions but they were concerned about what might happen to us. My father made a beaten path between Atlanta and Montgomery throughout the days of the protest. Every time I saw him I went through a deep feeling of anxiety, because I knew that my every move was driving him deeper and deeper into a state of worry. During those days he could hardly mention the many harassments that Coretta, the baby, and I were subjected to without shedding tears.

As the weeks passed, I began to see that many of the threats were in earnest. Soon I felt myself faltering and growing in fear. One day, a white friend told me that he had heard from reliable sources that plans were being made to take my life. For the first time I realized that something could happen to me.

One night at a mass meeting, I found myself saying: "If one day you find me sprawled out dead, I do not want you to retaliate with a single act of violence. I urge you to continue protesting with the same dignity and discipline you have shown so far." A strange silence came over the audience.

One night toward the end of January I settled into bed late, after a strenuous day. Coretta had already fallen asleep and just as I was about to doze off the telephone rang. An angry voice said, "Listen, nigger, we've taken all we want from you; before next week you'll be sorry you ever came to Montgomery." I hung up, but I couldn't sleep. It seemed that all of my fears had come down on me at once. I had reached the saturation point.

I got out of bed and began to walk the floor. I had heard these things before, but for some reason that night it got to me. I turned over and I tried to go to sleep, but I couldn't sleep. I was frustrated, bewildered, and then I got up. Finally I went to the kitchen and heated a pot of coffee. I was ready to give up. With my cup of coffee sitting untouched before me I tried to think of a way to move out of the picture without appearing a coward. I sat there and thought about a beautiful little daughter who had just been born. I'd come in night after

night and see that little gentle smile. I started thinking about a dedicated and loyal wife, who was over there asleep. And she could be taken from me, or I could be taken from her. And I got to the point that I couldn't take it any longer. I was weak. Something said to me, "You can't call on Daddy now, you can't even call on Mama. You've got to call on that something in that person that your Daddy used to tell you about, that power that can make a way out of no way." With my head in my hands, I bowed over the kitchen table and prayed aloud. The words I spoke to God that midnight are still vivid in my memory: "Lord, I'm down here trying to do what's right. I think I'm right. I am here taking a stand for what I believe is right. But Lord, I must confess that I'm weak now, I'm faltering. I'm losing my courage. Now, I am afraid. And I can't let the people see me like this because if they see me weak and losing my courage, they will begin to get weak. The people are looking to me for leadership, and if I stand before them without strength and courage, they too will falter. I am at the end of my powers. I have nothing left. I've come to the point where I can't face it alone."

It seemed as though I could hear the quiet assurance of an inner voice saying: "Martin Luther, stand up for righteousness. Stand up for justice. Stand up for truth. And lo, I will be with you. Even until the end of the world."

I tell you I've seen the lightning flash. I've heard the thunder roar. I've felt sin breakers dashing trying to conquer my soul. But I heard the voice of Jesus saying still to fight on. He promised never to leave me alone. At that moment I experienced the presence of the Divine as I had never experienced Him before. Almost at once my fears began to go. My uncertainty disappeared. I was ready to face anything.

## **Week Two: Sharing Our Stories**

*During week two of 30 Days of Love we will focus on storytelling as a method of communicating our values and making the invisible visible.*

### **A. General Resources on telling the story of self, us and now**

<http://www.standingonthesideoflove.org/wp-content/uploads/2013/08/storyofus-storyofnow-guide.pdf>

### **B. Suggested Small Group or Campus Ministry Session (60 minutes total)**

Chalice lighting (1 min)

*See attachment A*

Opening story (3 min)

- Facilitator tells 2 min sample story of self that has been prepared or can offer the sample story in *attachment B*

Stories of self (10 min)

- Explain the framework behind telling a story of self: that the purpose is to communicate values by showing where they come from rather than telling.
- Offer the model of “challenge, choice, outcome” as the way to tell the story.
- Provide paper and writing utensils and give 10 minutes for folks to brainstorm a short story that demonstrates one of their key values.

Sharing stories (5 min)

- Get into pairs and tell each other the stories of self you’ve created

Coming back to the group (8 – 20 mins, depending on group size)

- Give each person about a minute to share with the group what key value they learned from their partner’s story

Collaborate on story of their group (15 – 30 mins depending on remaining time)

- Spend some time calling out some of the shared or similar values held by the group based on these stories
- Choose one of these values and try to think of a time in the life of the group when this value has been demonstrated
- Getting back into pairs, practice telling the story of the group living into this value

Check-out (5 min):

- invite participants to name one thing they are taking away from this session

### C. Going deeper:

Kristin Maier's book *A Good Telling* gives more advice on storytelling and its spiritual uses <http://www.uuabookstore.org/productdetails.cfm?PC=1856>

### D. Reaching out:

Think about using the story of your group to talk about your UU group to friends or to spread the word on campus. See if a local UU congregation will give you space to tell the story of your group in their newsletter or on their facebook page!

#### Attachment A: Chalice Lighting

We light this flame  
this symbol of energy  
of light, of life  
to remind us  
of the energy within us  
of the light of our life  
of the light that is in us  
of the light that *is* us  
~Janet Goode

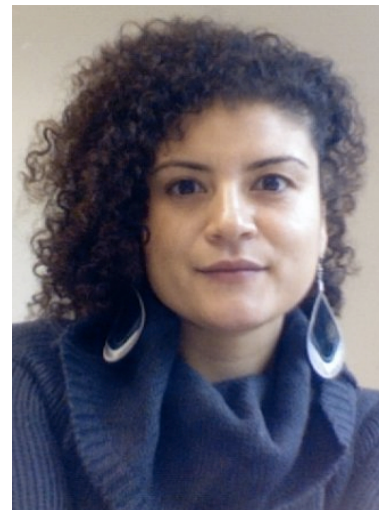
#### Attachment B: sample story of self

#### **SAMPLE STORY OF SELF: Lilian Molina**

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*As told at Powershift 2011: a gathering of 10,000 climate activists from around the US.*

Greetings, My name is Lilian Maria Molina and I am the Environmental Justice Director at Energy Action Coalition. I am part Mayas-Chorti, Lenca and Palestinian, was born in Honduras, Central America and moved to the United States at the age of 5 with my mother. For the first couple years my mom and I would take an hour-long ride on a two-floor train; I would always rush to the top floor, look out the window, and envision what I would do at our destination. I would imagine the cartoons I would watch, salivate over the Kudos and Pringles I would be able to eat, and think about all the great toys I would play with. Then one day, as I was playing with a fully equipped Barbie Mansion, my mom reached over and handed me a bottle of



Windex and paper towels; at that moment I realized that our hour-long train ride wasn't a field trip, it was a commute to work. My mom and I were there to clean houses not to play.

From that moment on I started to notice that things looked very different in different parts of town. I wondered why some families lived in three floor homes, while I lived in a one-bedroom basement apartment with two families. I wondered why the park equipment in my neighborhood was always broken, but was fancy and new on the other side of town. I wondered if people in the neighborhood where my mom and I cleaned houses had to worry about La Migra coming to their jobs or their homes. I wondered if the kids at these houses ever had to miss school to translate for their parents. I wondered why the police didn't arrest kids around these houses for standing on the corner but my friends back in the neighborhood were arrested all the time. I slowly started to understand that these were two separate worlds.

As I got older, I would refuse to take the hour-long train ride with my mom, instead I would hang out with my friends in the neighborhood. When I was 12, my mom noticed that I was starting to get involved in some risky activities. She decided to send me to Honduras for the summer to spend time with Mi Abuelita (grandma). That summer Mi Abuelita, a Natural Healer and Master Gardener, helped me connect to my ancestral roots and taught me how to love nature through gardening. I learned about all the different plants that she used to help heal people and deliver babies - it was an eye-opening experience. That summer I also realized that some of the people that looked like my family and I wore suits to work and lived in houses rather than apartments.

When I came back to the U.S, I returned to hanging out with my friends; but when I was 16, I decided I was done watching my friends get beat up, get beat by the cops, or arrested. My friends and I started hosting different activities to keep our friends from joining street gangs. Throughout high school we organized different events, from parties, to walkouts to bring awareness to the violence in our communities. Around this time I remembered how the garden that Mi Abuelita introduced me to helped me to heal, and started wondering if a garden in our community could have the same impact for other young people. I got super excited and started looking for plots of land around the school. But in my search I learned that most of the land in Little Village was contaminated with industrial pollution. I thought to myself, "You have to be kidding me, on top of all of the issues I was aware of, our land is also polluted? We have poor education, gang violence, police brutality, immigration raids, militarization of schools and we also have contamination in our community? What the heck else could be wrong?" I learned that what my community was experiencing is called Environmental Racism and what we need is Environmental Justice before we can plant gardens here in Little Village...and that is what brought me to the work that I am doing now.

Now I am here at Power Shift with Front-line Community Members and our Allies, working with the leadership of front-line communities and helping them create a trans-local movement to oppose corporate power is where there is strategic need for youth leadership.



## **Week Three: Building Bridges of Love**

*During week three of 30 Days of Love we will focus on courageous love and how radical love leads up to radical inclusion.*

### **A. General Resources on Courageous Love Awards:**

<http://standingonthesideoflove.org/honor-courageous-love/>

### **B. Suggested Small Group or Campus Ministry Session (60 minutes total)**

Chalice lighting (3 min)

A prayer by Wayne Arnason that can be found here:

<http://www.uua.org/worship/words/meditations/5570.shtml>

Brainstorm of types of love (10 min)

- have folks call out different ways we use the term love in our society (romantic, family, our favorite food...)
- talk about which of these types of love can be courageous and how

Courageous Love Awards: (15 – 25 min depending on group size)

- spend a few minutes silently reflecting on who in our lives has shown courageous love
- let each person in the group have two minutes to share someone in their life who they would give a courageous love award to

Creating Love Awards (18 – 28 min depending on remaining time)

- supply art supplies and paper and allow folks to create Courageous Love Awards to actually give to someone they know, or to simply make in honor of the person they spoke about
- OR if planning to reach out to someone (*see Reaching Out*) create an award as a group

Check-out (5 min):

- invite participants to name one thing they are taking away from this session

### **C. Going deeper:**

Check out the interactive Courageous Love Map and add your own story to the map!

<http://standingonthesideoflove.org/stories-of-courageous-love/>

**D. Reaching out:**

Give someone from the campus or local congregation or community a courageous love award designed by your group

**Week Four: Pause, Reflect, Celebrate!**

*During week four of 30 Days of Love we will focus on celebrating instances of love in our communities and our world.*

**A. General Resources on Celebrating Love:**

Since the Standing on the Side of Love campaign kicked off in 2009, we have helped achieve marriage equality in 13 states and DC. These are huge victories! Plus, the SSL campaign turns five years old in 2014. What victories have been achieved in YOUR community?

**B. Suggested Small Group or Campus Ministry Session (60 minutes total)**

Chalice lighting (2 min)

*See attachment A*

Standing on the Side of Love collage (20 min)

- pass out smallish pieces of paper and art supplies, along with larger pieces of paper
- have students decorate the small pieces with words or images representing times they have stood on the side of love in their personal life or in the role of activism or service work

Celebrating our Love (35 min)

- have each person share their collage with a partner
- each partner will celebrate the person for their love with the larger group
- have some type of celebratory atmosphere – music, food, sparkling juice, confetti – finish the session off with a festive atmosphere, socializing or playing games as appropriate

**C. Going Deeper:**

One important aspect of celebration is that it can keep us motivated during hard times. Spend some time reflecting or journaling about what gives you hope when times are hard or situations seem too difficult to solve. Make a personal list of reasons to be hopeful and celebrate love's victories that you can pull out when you need some extra motivation.

**D. Reaching out:**

It can be easy to find reasons to despair in our society. Go out of your way for a day to find positive news stories and reasons to celebrate! Share uplifting stories via social media to spread the love.

#### Attahment A

Love all creation  
The whole of it and every grain of sand  
Love every leaf  
Every ray of God's light  
Love the animals  
Love the plants  
Love everything  
If you love everything  
You will perceive  
The divine mystery in things  
And once you have perceived it  
You will begin to comprehend it ceaselessly  
More and more everyday  
And you will at last come to love thw hoel world  
With an abiding universal love  
~Fyodor Dostoyevsky

