

## Leader's Guide: Beauty

Is beauty in the eye of the beholder? Despite being universally experienced and valued, beauty is not easily defined. It seems to be that which gives pleasure to the senses, especially sight, but it also appeals to our minds and emotions.

### *Chalice Lighting (2 min)*

Ask someone to read the chalice lighting reading found in the bulletin as you light the chalice.

As many do around the world, let us begin by lighting our chalice. Today let us be reminded of beauty in all its forms as we see the light shining for us.

—Reverend Phil Silk

### *Sharing of Joys and Sorrows (10 min)*

Ask group members to check in, telling in one or two sentences how they are doing this week. Share information about absent members.

### *Silence (3 min)*

Start with the following words: "Get comfortable in your seat. Close your eyes. Take a deep breath in, and then a deep breath out. And now just breathe gently." Then give your group the gift of three minutes of silence. Time it if you would like.

### *Shared Readings (5 min)*

Have each person in turn read from the shared readings found in the bulletin until all the readings are finished.

### *Deep Sharing and Deep Listening (65 min)*

Read the following quote, and then do three rounds of deep sharing and deep listening. Pay close attention to the time allotted each person to ensure that everyone gets a turn to share.

So when you are listening to somebody, completely, attentively, then you are listening not only to the words, but also to the feeling of what is being conveyed, to the whole of it, not part of it.

—Jiddu Krishnamurti

**Round 1 (10 min):** What role does beauty play in your life? How has this changed over the course of your life?

**Round 2 (40 min):** What quote rang true for you in either the bulletin or the homework? Explain how it is applicable to you.

**Round 3 (15 min):** Expand on something you or another member shared.

### *Closing Words (1 min)*

Read or ask someone to read the closing words.

It is foolish to wish for beauty. Sensible people never either desire it for themselves or care about it in others. If the mind be but well cultivated, and the heart well disposed, no one ever cares for the exterior.

—Anne Brontë

### *Closing Song (1 min)*

"Thank You for Your Loving Hands"

### *Group Business (5 min)*

Pass out the homework for next time.