Small Group Ministry

Group Session Plan

**Personal Myths**

**Opening Words**:

Myth helps us understand our surroundings.

We are surrounded by myths that people attempt to prove with facts!

But then the facts are told from the perspective of the teller, so how factual are they?

Even things that appear factual today may “prove” not to be when viewed later as history.

How, then do we look at the world around us?

And is it just possible that the sense of mystery that myth brings, when applied to “fact”, brings new awareness, fresh energy? Helen Zidowecki

“Life has no meaning. Each of us has meaning and we bring it to life. It is a waste to be asking the question when you are the answer.”― [Joseph Campbell](http://www.goodreads.com/author/show/20105.Joseph_Campbell)

**Check-in**: How are you today?

**Topic/Activity**: Each set of questions can be considered briefly, or there can be a longer focus on any one.

1. Myths are part of religious expression. What were some of the religious myths that you heard growing up? Were these presented as myths or as factual events? What impact do they have on you today?
2. We each have our own creation story that, like myth, shapes our identity and approach to life. What stories from your family contributed to your creation story?
3. Myths can be very personal. We hear or perceive values and expectations from myths. What stories shaped your perception of right and wrong, of how to behave, or of what to expect in relationships?
4. Is the power of the myths for you in the story itself or in the factual evidence available? Or, which is more meaningful to you, the facts or the story?

**Check-out/Likes and Wishes**: How was the session for you?

**Closing Words:**

“It Takes a Village. Myths have always served not only to enlighten the individual but to tie entire communities together by expressing the values and beliefs at the heart of society and reaffirming individuals' links to one another. In an important sense, myths are the collective symbolic history of cultures, the repositories of their deepest ideals and aspirations.” Bill Moyers

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