

Unitarian Universalist Small Group Ministry Network Website  
**Branches Session**  
**Katrina Sessions: For the People of the Storm I**  
*How Are We?*

**Opening Reading:**

Spirit of life and love that lives in us and in all people, be present with us this day. Help us to be grateful for all that we have, grateful for this time of connection, grateful for these friends and for all those who enrich our lives. Spirit of life, be present with us as compassion, that we may open our hearts, listen with care, and be truly present with one another. Spirit of life, be present with us as a spirit of generosity, that we may meet the world with good will. Be present with us as vision, that we may see beyond this moment and beyond the limits of our daily concerns. And may we remember, once again, that we are a part of a larger world, and of all that lives therein.

Calvin O. Dame

**Check in**

**Questions:**

How have you or your family members been affected by the storm?

In response to the unprecedented human need that surrounds us, what has been most difficult?

Has your faith been battered by this storm?

How have you responded spiritually to the overwhelming human needs we've seen since Hurricane Katrina?

How can we support one another in this time?

**Likes and Wishes**

**Closing Reading:**

Take courage friends.  
The way is often hard, the path is never clear,  
And the stakes are high.  
Take courage. For deep down there is another truth.  
You are not alone.

Wayne B. Arnason

Unitarian Universalist Small Group Ministry Network Website  
**Branches Session**  
**Katrina Sessions: For the People of the Storm II**  
*How Can We Help?*

**Opening Words:**

I am only one  
But still I am one  
I cannot do everything,  
But still I can do something  
And because I cannot do everything  
I will not refuse to do the something that I can do.

Edward Everett Hale

“In helping others, we will always find ambiguity and paradox.”

Ram Dass “*How Can I Help*”

**Check in**

**Questions:**

In this historic moment when we are surrounded by so much loss and so much need, have you found a way to help?

Have you thought much about your own need to be of service?

Ram Dass speaks of the paradox and ambiguity of helping others. Do his words resonate with your experience?

In this time of crisis, surrounded by so much need, have you set boundaries or taken enough time for self-care?

**Likes and Wishes**

**Closing Words:**

As we leave this circle, may we carry one another in our hearts.  
May the fellowship have shared expand our sympathy, strengthen our resolve, and carry us forward into tomorrow.

Unitarian Universalist Small Group Ministry Network Website  
**Branches Session**  
**Katrina Sessions: For the People of the Storm III**  
*Be Present Here Today*

**Opening Words:** We gather this day in expectation and in hope as well as in sorrow. To this gathered circle we bring memories and connections, hopes and fears and aspirations. May we find here a fellowship that is deepened and enriched by our presence and our sharing. May we come to know again that we are a part of human community that stretches on beyond our limited horizons. And may we hold one another in that esteem that makes family of us all.

Calvin O. Dame

**Check in:**

**Questions:**

What is the hardest thing for me today?

What am I most grateful for?

What affect has this storm had on my faith?

What is most important to me as I move into the future?

**Likes and Wishes**

**Closing Words:**

“Live is an opportunity, benefit from it. Life is beauty, admire it. Life is bliss, taste it. Life is a dream, realize it. Life is a challenge, meet it. Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfill it. Life is sorrow, overcome it. Life is a song, sing it. Life is a struggle, accept it. Life is a tragedy, confront it. Live is an adventure, dare it. Life is luck, make it. Life is precious, do not destroy it.

Life is life, fight for it.”

Mother Teresa.