

# Beyond Sundays — Participant Handout

## Session 1: Love at the Center

### Welcome

This month we explore Love as the foundation of all our Unitarian Universalist (UU) Values. Love calls us to compassion, courage, and connection in our everyday lives.

### Guided Journaling Prompts

- How have I experienced Love in its many forms this week?
- Where in my life am I being called to expand Love beyond comfort?
- What barriers within myself keep me from giving or receiving Love?

### Affirmations

- I am worthy of Love just as I am.
- I see with the eyes of Love and extend compassion freely.
- Love is the foundation of my values and my actions.

### Love-in-Action Plan

For the coming month, choose one intentional act of Love each day. Examples include:

- Offer yourself compassion in a moment of difficulty.
- Share words of gratitude with someone who doesn't expect it.
- Extend forgiveness where it is possible.
- Take a small justice-oriented action, motivated by Love.

### Closing Blessing

“ May the love that overcomes all differences, that heals all wounds, that puts to flight all fears, that reconciles all who are separated, be in us and among us now and always. ” — Frederick E. Gillis

### Thank You for Joining Us!

Beyond Sundays is a monthly 45-minute Zoom gathering, held on Tuesday evenings during the 4th week of each month. Together, we explore the UU Values and support each other in living them day by day.