

Beyond Sundays–Participant Handout

UU Fellowship of Storrs | Rev. Dianne M. Daniels, Consulting Minister

Session 2, October 28, 2025: Interdependence

Welcome

Interdependence: We honor the interdependent web of all existence and acknowledge our place in it. In this session, we reflect on how deeply we are connected—to each other, to the Earth, and to the Spirit of Life. Our shared well-being depends on the choices we make and the care we give.

Guided Journaling Prompts

Take time with these questions, letting reflection unfold gently and honestly.

- Where do I feel most connected — to people, to nature, or to something larger than myself?
- What helps me remember that my actions ripple outward into the greater web of life?
- How can I nurture or restore a connection that has weakened or been forgotten?

Affirmations

Read these aloud or silently to center your heart in awareness and gratitude.

- I am part of the great web of life.
- My choices matter and contribute to the whole.
- I give and receive Love through my interconnection with others.

Interdependence-in-Action Plan

For the coming month, choose one act each week that strengthens connection:

- Check in on a neighbor or friend.
- Share a meal or meaningful conversation.
- Volunteer your time or skills for the good of the community.
- Spend mindful time outdoors, appreciating the life around you.

Each intentional act reinforces our shared web of Love, compassion, and community.

“When we try to pick out anything by itself, we find it hitched to everything else in the universe.”
— John Muir

Closing Blessing

May your awareness of connection deepen.

May the Love that flows through all things remind you that you are never alone.

May each moment of care you offer strengthen the sacred web that holds us all.

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.