

-  
  
-Ram Dass  
and Paul  
Gorman in  
"How Can I  
Help?"

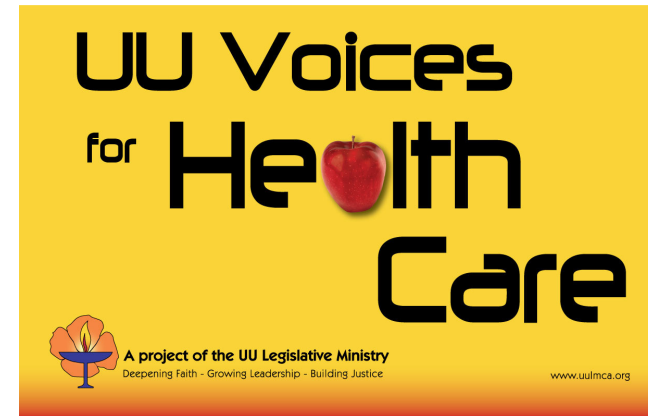
What follows in the quality of our helping when we begin to know ourselves beyond separateness?

We are not so much helping out, then, because it is "me" needing to tend to "you". We're helping out because it is "us".

The more we understand and dwell in that truth, the more we serve simply in the way of things.

If any of "Us" needs help. If one of "Our" arms gets caught in a door, naturally we use the other of "Our" arms to set it free.

Helping happens not because it's been weighed and considered; it happens because the barriers to its lawful and automatic expression have fallen away.



## SMALL GROUP MINISTRY

*Unitarian Universalist Legislative  
Ministry*

## Health Care in America- When Will our People be Healed?

*"I was a victim of a violent crime, which left me on death's doorstep. Now the only insurance I can get is MediCal, but they constantly deny my care. My doctors say I need a CAT scan, but I can't get it approved. The "safety net" is supposed to catch people like me, but I fell right through it.  
-Karen, a Californian*

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**Singing**  
- Gathered Here,  
Hymnal # 389

Gathered here in the mystery of the hour  
Gathered here in one strong body  
Gathered here in the struggle and the power  
Spirit draw near

**Opening / Chalice Lighting**  
- Carter Heyward  
(adapted)

Love is the willingness to participate with others  
in the healing of broken world and broken lives  
Love is the choice to experience life as a member of  
the human family,  
A partner in the dance of life, a lighter of torches of  
hope.

**Check-in**

Take 1 or 2 minutes to share briefly the high point or  
low point of your life since the time we last met.

**Reading and review of Preparation Question #1**  
- Jonathan Cohn in  
“Sick, The Untold Story of America’s Health care Crisis”  
Jonathan Cohn

In his book, Jonathan Cohn tells the story of a woman  
whose husband lost his job and was just barely able to  
keep their family of five afloat through consulting  
work. Since consulting jobs do not generally offer  
health insurance, the family went several years without  
it. Because of this his wife did not see a doctor at all  
during this time, despite a decline in her health which  
became marked over time. By the time her husband  
understood the extent of her illness and took her to a  
doctor, she was dying of metastasized breast cancer.  
She died only a few weeks after her diagnosis. She  
was 36 years old and left 3 school age children behind.

**Sitting in Silence**

**Unison Reading**  
-Robert McAfee  
Brown

“Storytelling is the most powerful way to put ideas into  
the world today”

**Sharing/Deep Listening**

Please share your stories from the first question in the  
preparation.

**Singing**  
- Gathered  
Here, Hymnal  
# 389

Gathered here in the mystery of the hour  
Gathered here in one strong body  
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**Reading**  
- Robert F.  
Kennedy,  
spoken in  
South Africa in  
1966

“Let no one be discouraged by the belief there is nothing  
one man or one woman can do against the enormous  
array of the world's ills, against misery and ignorance,  
injustice and violence.... Few will have the greatness to  
bend history itself, but each of us can work to change a  
small portion of events, and in the total of all those acts  
will be written the history of our generation.”

**Discussion**

Please share your thoughts on the topics in the  
Preparation for this session, particularly Questions 2-5.  
*Please be considerate by limiting your speaking times,  
being supportive of others’ ideas, and encouraging  
participation by everyone.*

**Singing**  
- Hymnal #118

This little light of mine, I’m gonna let it shine (3X)  
Let it shine, let it shine, let it shine

Ev’rywhere I go, I’m gonna let it shine (3X)  
Let it shine, let it shine, let it shine

Building up a world, I’m gone let it shine (3X)  
Let it shine, let it shine, let it shine

**Extinguishing the Chalice**  
- Hymnal #457  
Edward Everett  
Hale

Join hands as you read the closing words together:

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 I can do.