

Small Group Ministry Session Thirty-Four: Perfection

OPENING WORDS

If we worship beauty, we will fear aging;

If we define ourselves by achievement, the whole of our life will be a test.

Christina Feldman

CHECK IN

Current state of physical or spiritual health

Joys or concerns about loved ones

Concerns/excitement about what is happening in our lives

REVIEW COVENANT

REVIEW PROGRESS OF THE CIRCLE

DISCUSSION

Christiana Feldman writes in *The Quest of the Warrior Woman: Women as Mystics, Healers and Guides* "Throughout our lives we receive the message that perfection exists and that for our existence to be worthy and significant we must dedicated ourselves to its attainment...The striving for perfection may bring applause; it rarely liberates. [Instead] the pursuit of goodness and the fear of not being good enough deprive us of authenticity, which leads to a malnutrition of our spirit."

1. What images of perfection have you inherited from your parents, you peers, your religion, the media?

2. Which of these images of perfection haunt your life?

3. What would happen if you let go of the quest for perfection?

CHECK OUT

What did you like about this meeting? What do you wish had been different?

CLOSING WORDS

And when the soul reaches the stage

At which it pays little attention to praise,

It pays much less to disapproval;

[I]t rejoices in this [freedom]

And finds it a very sweet truth.

Saint Teresa of Avila