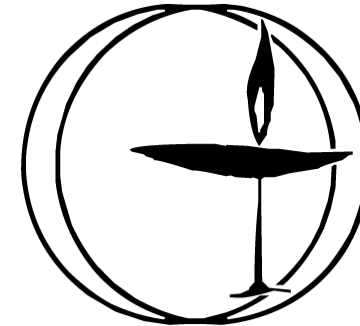


## Chalice Circle



Unitarian Universalist Church of Columbia, Mo.

## Courageous Love

It is curious that physical courage should be so common in the world and moral courage so rare.

– Mark Twain

## Opening Words and Chalice Lighting

When we walk to the edge of all the light we have, and take the step into the darkness of the unknown, we must believe that one of two things will happen: There will be something solid for us to stand on, or we will be taught to fly.

– Patrick Overton

## Check-in

Take a deep breath and check in with how you are feeling in your body. Now briefly describe where you are in your life now.

## Reading

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, "I'll try again tomorrow."

– Mary Anne Radmacher

## Sitting in Silence

Take this time to center yourself and think about what you will share with the group.

## Sharing/ Deep Listening

Share your reflections on courage, from your experience. What does courage mean to you?

Who is the most courageous person you know? And has their courage been contagious? Are you as "courageously vulnerable" as you'd like to be? When did you have the courage to admit that you were wrong? Have you ever turned your back on courage? And is there a way to make up for it now? Do you have the courage to ask for help? And is that courage needed in your life right now?

## Additional Thoughts

What came up for you while listening to others?

## Reading

Courage is not defined by bravery, it is defined by fear. For when we act, do the "right thing" when fear is stabbing us in the eyes, that is real courage. And even before that step, it takes courage to think and assess, to even know what "right" action might be taken. To go out into the world with thoughtfulness, eyes and heart open.... Every day.... That takes genuine courage.

– Anonymous

## Checkout – Likes and wishes

What did you like about this meeting? What do you wish for future meetings?

## Closing Words/Extinguishing the Chalice

### *Serenity Prayer*

Lord grant me the serenity to accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.

– Reinhold Niebuhr