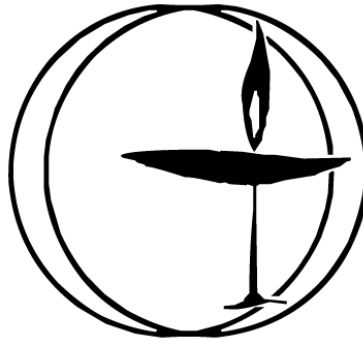


Chalice Circle



Unitarian Universalist Church of Columbia, Missouri **Giving and Receiving**

Gracious acceptance is an art—an art which most never bother to cultivate. We think that we have to learn how to give, but we forget about accepting things, which can be much harder than giving.... Accepting another person's gift is allowing him to express his feelings for you.

– Alexander McCall Smith

Opening Words and Chalice Lighting

Two quotes from the Bible (New International Version):

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. (Matthew 7:7-8)

Let us not love with words or speech but with actions and in truth. (1 John 3:18)

Check-in

Briefly describe where you are in your life now, and notice what needs to be left aside in order to be fully present in our Circle.

Reading

Learn to light a candle in the darkest moments of someone's life. Be the light that helps others see; it is what gives life its deepest significance.

– Roy T. Bennett

Sitting in Silence

Take this time to center yourself and think about what you plan to share with the Circle.

Sharing/ Art of Giving

Giving and receiving are related, but our feelings about each are often so different. Think about what it means to give and to receive.

Think back to your childhood. What messages did you receive from the adults in your family about the concepts of giving and receiving? What behaviors related to giving were modeled by the adults in your family and by others close to you?

What do you think the difference is between giving and receiving in the context of being "in relationship" with another person?

Are you someone who finds it easy to give, someone who likes to give? How are you at receiving from others?

When were you last really aware that you were "giving," and what was it that you gave? Was it something material, or something abstract from within yourself?

When was the last time you were very aware of receiving something? What was it that was given to you? Was it something material or abstract from another person?

Additional Thoughts

What came up for you while listening to others?

Reading

If nature has made you for a giver, your hands are born open, and so is your heart; and though there may be times when your hands are empty, your heart is always full, and you can give things out of that—warm things, kind things, sweet things—help and comfort and laughter—and sometimes gay, kind laughter is the best help of all.

– Frances Hodgson Burnett

Checkout – Likes and wishes

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

Closing Words/Extinguishing the Chalice

You give but little when you give of your possessions.
It is when you give of yourself that you truly give.

– Kahlil Gibran