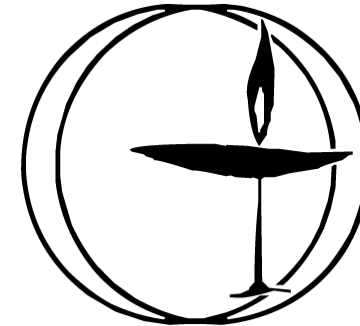


Chalice Circle



Unitarian Universalist Church of Columbia, Mo.

Change

When you are through changing, you are through.

– Bruce Barton

Opening Words and Chalice Lighting

"Faced with changing one's mind, or proving that there is no need to do so, most people get busy on the proof."

– John Kenneth Galbraith

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, what you need to leave at the door, or what joy or sorrow you would like to share.

Reading

"It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power."

– Alan Cohen

Sitting in Silence (*approx 3-5 minutes - ends with a chime*)

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

Sharing/ Deep Listening

From your experience, please share reflections on change, for example:

How do you deal with change in your life?

Is change easy for you or hard for you?

Do you see it as an adventure or as an inconvenience?

What have been some times of significant change in your life?

What was a change you felt was positive?

What was a change you could have done without?

Additional Thoughts

What came up for you while listening to others?

Reading

"If you can neither accept it nor change it, try to laugh at it."

– Ashleigh Brilliant

Checkout – Likes and wishes

What did you like about this meeting?

What do you wish for future meetings?

Keeping in mind our covenant for sharing in confidence, did you hear something that will stay with you?

Closing Words/Extinguishing the Chalice

"Do not cherish the unworthy desire that the changeable might become the unchanging."

– Gautama Buddha