

CHALICE CIRCLES - Unitarian Universalist Church Of Columbia, Missouri

"Soundtrack of Your Life"

Opening Words and Chalice Lighting

"Music was my refuge.
I could crawl into the space between the notes and
curl my back to loneliness. "
– Maya Angelou

Check-In

Please take a few minutes to tell the group what you need to leave at the door, or what joy or sorrow you would like to share.

Readings

"I think everyone should have a Beatles phase in their life. I think it's part of growing up in the Western world."
– Jadelr and Cristina Cordova

"Take a music bath once or twice a week for a few seasons.
You will find it is to the soul what a water bath is to the body."
– Oliver Wendell Holmes

"Music is what feelings sound like."
– Georgia Cates

Sitting in Silence

Take this time to center yourself and formulate what you want to share.

Sharing/Deep Listening

From your experience, please share reflections on the soundtrack of your life, for example: What kind of music speaks to you? How do you use music in your life? Are there certain times that call for certain types of music? Are there songs that take you back to certain periods of your life? How and where do you listen to music? What are your favorite songs? Participants may also wish to share a short recording of one of their favorite pieces of music, and talk about what makes it meaningful to them.

Additional Thoughts

What came up for you while listening to others?

Reading

“Music washes away from the soul the dust of everyday life.”
– Berthold Auerbach

Check out - Likes and Wishes

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

Closing Words/Extinguishing the Chalice

“An intellectual snob is someone who can listen to the William Tell Overture and not think of The Lone Ranger.”
– Dan Rather