

2020 November Chalice Circle



**Unitarian Universalist Church of Columbia, Mo.
Facing Fear**



“Fear is a reaction. Courage is a decision.”

— Winston S. Churchill

“We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.”

— Plato

Opening Words and Chalice Lighting

“The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time.”

— Mark Twain

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. “

— Nelson Mandela

Song (optional)

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

Excerpt from Parker Palmer - (addendum) read by facilitator

Sharing/ Deep Listening

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

Please share your experience and thoughts on facing fear.

What are things that frighten you? Was there ever a time when

you found yourself unable to move because fear paralyzed you?

Have you ever witnessed someone else facing his or her fear?

What happened? Has this happened to you in your life? Think

of three different KINDS of fears that have come up for you in

the course of your life your life. Recall the circumstances, what

transpired. Were you able to face those fears? What happened?

Did you feel changed by any of these experiences? If so, in what

ways?

Additional Thoughts

What came up for you while listening to others?

Reading

“Fear keeps us focused on the past or worried about the future. If we can acknowledge our fear, we can realize that right now we are okay. Right now, today, we are still alive, and our bodies are working marvelously. Our eyes can still see the beautiful sky. Our ears can still hear the voices of our loved ones. “

— Thich Nhat Hanh

Song (optional)

Checkout — Likes and wishes

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

Closing Words/Extinguishing the Chalice

Reading

“I will not die an un-lived life. I will not live in fear of falling or catching fire. I choose to inhabit my days, to allow my living to open me, to make me less afraid, more accessible, to loosen my heart until it becomes a wing, a torch, a promise. I choose to risk my significance; to live so that which comes to me as seed goes to the next as blossom and that which comes to me as blossom, goes on as fruit.”

— Dawna Markova

Thanks to everyone who has been with us and shared your words and/or your presence today. -- Kathie Bergman, CC Team