

2020 December Chalice Circle



**Unitarian Universalist Church of Columbia, Mo.
Seeking Delight**

“Let your joy be in your journey—not in some distant goal.” —*Tim Cook*

“We cannot cure the world of sorrows, but we can choose to live in joy.”

—*Joseph Campbell*

Opening Words and Chalice Lighting

Look around. Isn't it there where the sun has spread its rays across the eastern sky? This morning I woke again, eager to be alone in the quiet with the sun spreading into the day. What waits for me? What do I seek? My questions can be never-ending and bring me to a circle I recognize from its beginning. What can it mean? Do I make a difference in the world? Buddha tells us "Happiness he who seeks may win if he practices." So, it seems, happiness can come with practice but in my experience delight always comes unexpectedly.

Seeking Delight 11/22/20 by Kathie Bergman

Song (optional) Come, Sing a Song with Me --#346 in the hymnal

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

"The joy of creating or accomplishing something can give us an incredible boost of power. Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

— Thich Nhat Hanh

Silent Meditation

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

Sharing/ Deep Listening

Please share your experience and thoughts on seeking and/or finding delight in general or during the 2020 pandemic.

Additional Thoughts

What came up for you while listening to others?

Reading

Life will never be perfect and buttoned up the way we want it to be. We are going to go through dry and hard seasons, but *keeping joy in the midst of chaos is possible*. As much as I want to avoid conflict and chaos, I realize it can't be avoidable. The discomfort, pain, and heartbreak are all so real. I was in a situation that seemed hopeless. The more I tried, the worse the situation became. There was nothing I could do to fix the chaos. As I fixed my eyes on the situation, I found my joy and peace getting stripped away from me. But during my alone time with (God/prayer), I was reminded to fix my eyes *on LOVE*, and not my circumstances.

-- livingrevelations.com

Song (optional) Let It Be a Dance We Do -- #311 in the hymnal

Checkout — Likes and wishes

What did you like about this meeting? What do you wish for future meetings? Final thoughts on this topic?

Closing Words/Extinguishing the Chalice

"We cannot cure the world of sorrows, but we can choose to live in joy."

—Joseph Campbell

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—Tim Cook

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