

2021 January Chalice Circle

*May your life be as a song
Resounding with the dawn
To sing awake the light
And softly serenade the stars
Ever dancing circles in the night.*



**Unitarian Universalist Church of Columbia, Mo.
Stay Grounded**

BE LIKE A TREE "Stay grounded. Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique natural beauty. Keep growing. "

~Joanne Rapits

Opening Words and Chalice Lighting no. 435

We come together this morning (evening) to remind one another to rest for a moment on the forming edge of our lives, to resist the headlong tumble into the next moment, until we claim for ourselves awareness and gratitude, taking the time to look into one another's faces and see there communion: the reflection of our own eyes.

~ Kathleen McTigue

As we begin, join me in placing your hands over your heart. Feel its precious beating. Feel too, the stirring of your spiritual heart, and let its compassion and wisdom radiate into your mind, your words, your truth.

Song (optional) Gathered Here no, 389

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 *(please close your eyes while listening to the reading followed by a silent meditation)*

See a blossom in your mind's eye. Allow it to fill the interior of your imagination. Greater perfection of form in nature cannot be imagined. With inward gaze absorb each wondrous fluted petal. Slide down its humid surface until you drop as the dew into its velvety core. Immerse your senses in this safe chamber. Such fragile beauty gives impulse to weep. *(pause)*

Slowly reverse the journey; as you ascend the shaft toward wider light, turn your imagination around and around to see its many facets. Stored within is the memory of all flowers. Marvel that this creation, while utterly fragile - yet undaunted, boldly buds forth turning resolutely toward the sun. We, too, shimmer with expectation, exuding our own illumination, color pulse, and scent. Vulnerable, still we venture our lives courageously toward hope and light, at once fragile and rooted.

~ Carolyn S. Owen-Towle

Silent Meditation

This is the time for 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 faith, spirituality, and/or staying grounded.

Additional Thoughts

What came up for you while listening to others?

Reading no. 706

May the light around us guide our footsteps, and hold us fast to the best and most righteous that we seek. May the darkness around us nurture our dreams, and give us rest so that we may give ourselves to the work of our world. Let us seek to remember the wholeness of our lives, the weaving of light and shadow in this great and astonishing dance in which we move.

~ Kathleen McTigue

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 no. 506

May the glory of the passing away of autumn lie about us fresh gold for a time. And when the dark comes, and the cold may we remember how today we stand in glory, how we walk in bounty heaped upon earth's dark carpet, how we move knee deep in abundance flung against night's winter curtain. We are thankful for its coming and for its passing. Let it be.

~ Barbara J. Pescan

Song (optional- words on back cover) May Your Life Be Like a Song

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