

2021 March Chalice Circle

Hymn. no. 389 Gathered Here

*Gathered here in the mystery of the hour.
Gathered here in one strong body.
Gathered here in the struggle and the power.
Spirit draw near.*

Hymn no. 1059 May Your Life Be as a Song

*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.

Paying Attention

*"Look past your thoughts, so you may drink the pure
nectar of "This Moment."*

~Rumi

Opening Words and Chalice Lighting: A Meditation

Sit and rest for a minute. Take several deep breaths in and out again, calling your attention to this space.

Attention.

Pay attention.

Pay attention to where you are right now.

I mean *where* you are,

Where *you* are,

And where you *are*.

You are here, in this community

In this sanctuary

In this state, in this country

On this beautiful blue planet

Whirling through the tailspin of a galaxy.

You are unique

You are made of cells and hormones

You are a mix of thoughts, emotions, values

You are the inheritors of your parents' and ancestor's dreaming

You are part of the human inhabitants on this earth.

You are.

You exist.

You are breathing, you are still

You are connected, you are present

You have a holy spark inside you

You are here now. You are paying attention.

Blessed be.

~Nancy Reid-McKee

Song (optional- words on back cover) **Gathered Here**

Check-in

Briefly describe where you are in your life now.

What is another word for paying attention? Choose a word for paying attention that resonates with you or offer your own word for paying attention.

heedful	careful
attentive	chary
circumspect	mindful
vigilant	observant
prudent	watchful

Reading

"I'm not so good at meditating regularly but if there's anything sitting in silence has taught me, it's that silence doesn't actually exist. Every moment is full to the point of bursting with Reality, whether or not we notice it. It's not that the news and work and the bills don't matter, because they do --and yet, are they more important than the "pure nectar of This Moment" waiting to bump and kick to remind us It is always there?"

~ Rev. David Kohlmeier, UU minister

Silent Meditation

This is the time for silent meditation. Take this time to center yourself. Think about what you might want to share with the group.

Sharing/ Deep Listening

Please share your experience and thoughts on paying attention. Has there been a time when you were not paying attention and something happened to capture it again? When do you notice that you have not been paying attention? What do you do that requires you to carefully pay attention? What is the value for you in paying attention?

Additional Thoughts

What came up for you while listening to others?

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

"The message of Buddha's Four Noble Truths is that paying attention and seeing clearly lead to behaving impeccably in every moment, out of love, and on behalf of all beings.

~ Sylvia Boornstein

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