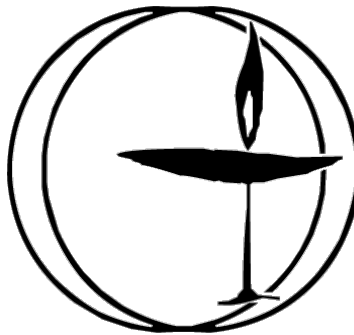


2021 October Chalice Circle



Unitarian Universalist Church of Columbia, Mo.

Embracing Tension

“The ability to let go, not know, and not try to totally control what will happen next is a necessary skill for living happy, joyous, and free.”

– Jennifer Chrisman

Opening Words and Chalice Lighting -- Let Us Learn Peace

Let us seek harmony; let us learn peace.
Peace is more than the absence of tension.
It is studying the hard lesson of letting go;
It is breathing through pain into tranquility;
It is forming friendship out of enmity.
Let us seek serenity; let us learn peace.
-- by Annie Foerster

Song - 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.*

Welcoming group members into a new church year - short introductions (*We will insert the reading by Rebecca Parker here if received in time*)

Reading --Surface Tension

Of course there are people behaving badly during this pandemic, using it as an excuse to practice prejudice, to hoard, to blame; using it to divide and weaken us, cashing in on surface tensions for their own terrible benefit. The news daily shows these heavy things.

--Tess Baumberger

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

We convince ourselves that we are fortune tellers and can therefore see the future. We make ourselves crazy, spinning our minds through the same handful of scenarios we come up with, over and over again, never feeling any closer to some sort of resolution. However, it seems a great paradox of life that it is actually through embracing the uncertainty that we thrive. Our lives are greatly determined by what we do when we get uncertain. - Jennifer Chrisman

Reading:

"The breath invites us into the body. John O'Donohue, the wonderful, wild Irish poet, once wrote, 'We need to come home to the temple of our senses. Our bodies know that they belong... it is our minds that make us homeless.' We come home as we sense the breath's texture, rhythm, and pace, the differing length of each inhale and exhale. With time and practice, we learn to align with the breath and move with it, to allow the breath its own natural depth and flow. Every breath takes us to where we belong. As we relinquish command of it, we gradually feel the breath breathing us. This is good training for releasing control of and understanding how to cooperate with life."

--excerpt from *The Five Invitations* by Frank Ostaseski

Sitting in Silence - *Take this time to center yourself and formulate what you want to share with the group. Think of a time in your life when you were at a complete loss. How did you respond? Do you call on others when you feel adrift? Are you made uncomfortable if you don't have a firm grasp on the future? Do you find yourself struggling when there are too many unknowns in your life? We will sit in silence for 2-3 minutes.*

Sharing/ Deep Listening

Please share your experience and thoughts on living with tension and uncertainty.

Additional Thoughts --What came up for you while listening to others?

Reading --Surface Tension

Here's the other picture revealed by this pandemic. People are reaching out in kindness and concern to acquaintances, neighbors, strangers creating aquifers, revealing watersheds running through the tiny capillaries of human hearts, minds, homes, streets and neighborhoods.

-- Tess Baumberger

Checkout – Final thoughts/ appreciation, etc.

Song -

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.*

Closing Words/Extinguishing the Chalice -

Prayer for Living in Tension

If we have any hope of transforming the world
and changing ourselves,
we must be bold enough to step into our discomfort,
brave enough to be clumsy there,
loving enough to forgive ourselves and others.
May we, as a people of faith,
be granted the strength to be
so bold, so brave, and so loving.

-- Joseph M. Cherry

Chalice Circle Business (*Facilitators, Please allow some extra time for the following business. You are welcome to include it at the beginning or the end of your meeting*)

1. Reviewing your group covenant
2. Date and time of your next meeting
3. Announcing the open Drop-in Chalice Circle led by Peter Holmes on Zoom on the last Wednesday of each month at 6:30 p.m. - The information and the link will be publicized on the weekly church email and also be posted on the Chalice Circle Materials page on the website.
4. Other questions or concerns?