

2021 December Chalice Circle



Unitarian Universalist Church of Columbia, Mo.

Seeking Inspiration

“When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too.”

— Paulo Coelho, *The Alchemist*

“For me, I am driven by two main philosophies: know more today about the world than I knew yesterday and lessen the suffering of others. You'd be surprised how far that gets you.”

— Neil deGrasse Tyson

Opening Words and Chalice Lighting -- All the Lights of the Heavens

For the wonder and inspiration
We seek from sun and stars
And all the lights of the heavens
We light this chalice.

By Cynthia Landrum

Song/Music - *I've Got Peace Like a River*

Singing the Living Tradition #100

Or <https://www.youtube.com/watch?v=1NIZO57W0eE>

Reading 1 --

"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."

Jeremiah 29:11

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 2: High Tide, Low Tide

There is a time for high tide—for being involved and active, taking risks and putting out effort to master the elements—and there is a time for low tide—inactivity and quiet reflection—and both are necessary in our lives.

By Elizabeth Tarbox

Sitting in Silence - *Take this time to center yourself and consider what you want to share with the group.*

Inspiration: the action or power of moving the intellect or emotions (Merriam-Webster.com)

- Do you recall a time you were inspired?
- Who or what inspired/inspires you?
- Where do you seek inspiration?
- How do you inspire others?

We will sit in silence for 2-3 minutes.

Sharing/ Deep Listening - Please share your experiences and thoughts

Additional Thoughts -- After listening to others, do you have additional thoughts?

Reading3:

For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end.

By Michelle Obama, "Becoming"

Checkout – Final thoughts/ appreciation, etc.

Song/Music – *This Little Light of Mine*

Singing the Living Tradition #118

Or https://www.youtube.com/watch?v=w_cNEiSn8XQ

Prayer for Seeking Inspiration

Unto that which is noblest in each of us we make appeal.

Unto those common ideals of justice and mercy that bind us in common humanity we turn for inspiration.

Unto the fearless dreams of our forebears in the worship of their gods and their vision of truth, we bow in gratitude.

Unto the larger vision now at birth within us and in our children, we pledge the full strength of our bodies and our will

By Edward A Frost

Closing Words/Extinguishing the Chalice – Go in Peace

When I say go in peace,

- I don't mean "go in mindless oblivion."
- I don't mean "go without challenging yourself or others."
- I don't mean "go in utter ease and comfort."

When I say go in peace,

- I mean "go in peace, seeking justice."
- I mean, "go in peace, committed to equal rights and opportunities for all."
- I mean "Go in the peace that is created when, together, We build communities of true solidarity, deep compassion, and fierce, unrelenting love."

Go in peace.

By Jim Magaw