

2022 February Chalice Circle: Nurturing Each Other

Opening Words and Chalice Lighting:

“The best way to find yourself is to lose yourself in the service of others.” — Mahatma Gandhi

Song: How could anyone ever tell you

How could anyone ever tell you
You were anything less than beautiful
How could anyone ever tell you
You were less than whole
How could anyone fail to notice
That your loving is a miracle
How deeply you're connected to my Soul...

Reading 1: Just in case you need to know...

Once in a while everyone needs
to know that they are wanted
that they are important
that they are loved
I just wanted to tell you
that if you ever feel this need
I would like to be the one
to reassure you that you are wanted
that you are important
that I love you.

Susan Schutz Polis

Check-in: Briefly describe where you are in your life now, and notice what needs to be shared in order to be fully present in our Circle.

Reading 2:

We cannot save the vegetation, his daddy said.
If you think we can, you are not right in the head.
But I can save this one the boy said with a grin.
Determined to give a drink to a wilting fern.

Reading 3:

My Dear, Stand Tall

Her fragile hands would push my shoulders,

Cold and firm.

Stand up straight.

Sweeping my chest with brushstrokes,

Across my clavicle, painting the canvas

From shoulder to shoulder.

She'd peer at me out of her thick-rimmed glasses,

Be strong, stand tall.

Questions:

1. When have you felt nurtured? or What makes you feel nurtured?
2. What things have you done to nurture someone else?
3. Does everyone need nurturing?
4. Is nurturing different from caring for another?

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

Sharing/Deep Listening: Please share your experiences and thoughts about the topic/readings.

Additional Thoughts: As time allows, after listening to others, do you have additional thoughts?

Reading 4: “Try to be a rainbow in someone’s cloud.” — Maya Angelou

Checkout – Final thoughts, etc.

Closing Words/Extinguishing the Chalice – “Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” — Leo Buscaglia