

2023 April Chalice Circle: Risk/Trust

Opening Words and Chalice Lighting

We light this chalice to find inner peace,
love for each other, and faith in ourselves.

Oberlin UU Fellowship

Just a tiny, little bird flew down upon the ground,
And with seeming satisfaction swallowed what she found;
Then flew back to the branches of a nearby apple tree,
Seemingly as happy as a little bird could be.
Not a trace of worry could I see upon her face,
Though I knew that she knew not either the time or place:
When or where she'd gather crumbs for her next little meal.
Then I thought I'd give the world if I could only feel
Such simple and abiding trust in my own care.

William Henry Dawson

Song

Well it looks like it might be a hard road but I'm gonna walk it with you
And I know that you might have a heavy load but I can carry some too
I will lift you up when they push you down, I will raise my voice and stand my ground
Well it looks like it might be a hard road but I'm gonna walk it with you

And it looks like it might be a long night but I ain't goin' nowhere
And I know it's gonna be a hard fight but I will stay right here
I will shine a light in the darkest hour. I will face the man in the tallest tower
Well it looks like it might be a long night but I ain't goin' nowhere

Reading 1

Trust: the firm belief in the reliability, truth, ability, or strength of someone or something.
Merriam Webster Dictionary

Check-in: Without crosstalk or interruption, 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

Brene Brown lists 7 characteristics needed for trust, forming the acronym BRAVING
Boundaries - you respect my boundaries and ask when it isn't clear - you can say NO.
Reliability - you do what you say.
Accountability - own your mistakes apologize and make amends.
Vault - you don't share other's confidences.
Integrity - choose courage over comfort.
Nonjudgement - you can ask for what you need without being judged.
Generosity - you extend the most generous interpretation possible to the intentions, words, and actions of others.

Reading 3

A. In the Geography of Bliss, Eric Weiner explains the connection found between trust and happiness. That connection is, in a nutshell, that the people who had the most trusting attitude about the world, institutions, and each other, were the happiest people. This makes sense given how negative life can be if we have little or no trust in it or ourselves. This also is consistent with studies about happiness in Europe. We Americans might think that the people who live along the Mediterranean would have the greatest overall level of happiness. But this isn't the case. It turns out that the Danes, the Norwegians, the Swiss, and the Swedes, were the happiest, despite living mostly in the cold and the dark. And not coincidentally, these people also had the strongest attitude of trust.

Alternate Reading B: You are only as sick as your secrets. A 12-Step Saying.

Questions to Consider

1. How do you know if you can trust someone?
2. Is the ability to trust located more in the other person or more in yourself?
3. What are your experiences with trust-building and trust failures?
4. What do you need to be able to trust someone?

Sitting in Silence: We will sit in silence for 5 minutes. Take this time to reflect on the readings, questions, and theme. Center yourself and consider what you want to share with the group.

Sharing/Deep Listening: Please share your own experiences and thoughts about the topic/readings with no crosstalk or interruption.

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

Reading 4

Spiritually speaking, where - or in what, or in whom - you place your trust matters. Whether that be Goddess – Spirit - the Universe - Nature – yourself - family - friends - neighbors - the people sitting around you - the members and friends of our congregation. Trust matters. It shapes who we are and whose we are. And it shapes how we are in the world. Spiritually speaking, where do you want to place your trust? Adapted from UU Rev. Josh Pawelek

Checkout: How are you feeling now as we leave this circle? Is there anything we can do to support you?

Closing Words/Extinguishing the Chalice

In these days of so much uncertainty, may we choose honesty over comfort, love over complacency, and truth over convenience. UU Rachel Lonberg