

## 2023 October Chalice Circle: Joyfully

### Opening Words and Chalice Lighting

Let there be joy in our coming together this evening.

Let there be truth heard in the words we speak  
and the songs we sing.

Let there be help and healing for our disharmony and despair.

Let there be silence for the voice within us and beyond us.

Let there be joy in our coming together.

**Song** [Ode to Joy](#) (@meepmeepmeepow)

### First Reading

Perhaps the most radical act of resistance in the face of adversity is to live joyfully.

Nurturing joy, of course, isn't the same as negating reality or suppressing difficult emotions. By all accounts, we will have a long, bumpy road ahead of us. Many are already dealing with much loss and grief. Many are overworked and exhausted. Navigating life right now will most likely be fraught with unforeseen difficulties. Luckily, boosting our resilience, as we set out to deal with these challenges, is guaranteed to be pleasurable. And for those of us who are capable, it's now more important than ever to bolster our resilience, to care for ourselves and those who cannot care for themselves, and to infect each other with joy and laughter. - Ari Honarvar

**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.

### Second Readings

So, so often the joy is there, right under the surface. ~ Sarah Foster (from "[Clowning in Haiti](#)")

I've always thought that a big laugh is a really loud noise from the soul saying, "Ain't that the truth." ~ Quincy Jones

There is joy in all: in the hair I brush each morning, in the Cannon towel, newly washed, that I rub my body with each morning, in the chapel of eggs I cook each morning, in the outcry from the kettle that heats my coffee each morning, in the spoon and the chair that cry "hello there, Anne" each morning, in the godhead of the table that I set my silver, plate, cup upon each morning. All this is God, right here in my pea-green house each morning and I mean, though often forget, to give thanks, to faint down by the kitchen table in a prayer of rejoicing as the holy birds at the kitchen window peck into their marriage of seeds. So while I think of it, let me paint a thank-you on my palm for this God, this laughter of the morning, lest it go unspoken. The Joy that isn't shared, I've heard, dies young. ~ Anne Sexton

### Questions to Consider

1. Can you remember a time when you were filled with great joy? Tell us the story of that experience.
2. Share about a moment when you felt the most alive, or the most like yourself. Where were you, what were you doing, who was there with you? What do you think it was about those moments that made them feel that way?
3. Have there been people or circumstances in your life who stifled or spoiled your joy?
4. What part does laughter play in your life? Is laughter important to you? What makes you laugh?

5. What regular habits and practices might create more joyfulness in your heart, home and community?

**Sitting in Silence:** We will sit in silence for 3-5 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 and readings with no crosstalk or interruption. Please ensure everyone gets an equal opportunity to share.

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

**Checkout:** What are you taking with you as you leave the circle? How can we support you in the month ahead?

### **Closing Words/Extinguishing the Chalice**

You can prepare

but still

it will come to you

by surprise

crossing through your doorway

calling your name in greeting...

it will astonish you

how wide your heart

will open

in welcome

for the joy

that finds you

so ready

and still so

unprepared.

—Jan Richardson