

December 2024 Chalice Circle: Care for Spirits

UU Value: Transformation

Opening Words and Chalice Lighting

“Out of the darkness, light. Out of the light, warmth. Out of the warmth, joy. Out of the joy, togetherness. May this flame hold us for the time we are here with one another.” - by *Ben Soule*

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.

Song:

[Gather the Spirit by Jim Scott \(solo guitar version\) - YouTubeMusic](#) (UU Hymnal#347)

and/or Poem: On Prayer by *Czeslaw Milosz*

You ask me how to pray to someone who is not.
All I know is that prayer constructs a velvet bridge
And walking it we are aloft, as on a springboard,
Above landscapes the color of ripe gold
Transformed by a magic stopping of the sun.
That bridge leads to the shore of Reversal
Where everything is just the opposite and the word 'is'
Unveils a meaning we hardly envisioned.
Notice: I say we; there, every one, separately,
Feels compassion for others entangled in the flesh
And knows that if there is no other shore
We will walk that aerial bridge all the same.

Reading 1

“Regarding self-care, we often think of bubble baths and a glass of wine. But it’s much deeper and more complex than that. Caring for spiritual well-being can help us live deeper, more meaningful lives. Spirituality is not just connecting with Spirit, it is also in how we connect with others.” -from 14 Ways to Improve Spiritual Wellness, by *Dawn Elizabeth*

Reading 2

“Though I’ve strayed in many ways from the religious teachings of my youth, I’ve also discovered reverence for some of the principles that I learned as a child. Discipline, for example, and the outward expression of gratitude continue to prove invaluable in my life. Serving with my money and time, and cultivating the fruits of the spirit - love, joy, peace, and patience - have also stayed with me. Of course, one doesn’t need to have had a religious upbringing or belong to a religious institution to practice these principles. Spirituality is entirely inclusive, as it invites questioning and celebrates continued transformation.” - from How to Create a Spiritual Practice without Religion, by *Kayti Christian*

Questions to Consider

1. What helps you feel connected to others?
2. Do you have a regular spiritual practice? How do you think it benefits you?
3. How does spirituality “celebrate continued transformation?”

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: After listening to others, do you have additional thoughts to share?

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

Closing Words/Extinguishing the Chalice

“We extinguish this flame to remind us: love is the center. As we explore and rest, engage and heal, love remains the center. When all we can see is cold ashes, love remains.”