

UUCC Chalice Circles - December 2025

Theme: Survival is Not a Sprint - It is a Breath

Translation: Patience and Rest

Chalice Lighting by Pat Uribe-Lichty

The chalice we light is a symbol of our faith.
It binds us together as one people:
a reminder that our strength is in our shared hope for the world,
and that our common work is the creation of Beloved Community
among ourselves and in the world.

Song to Listen and/or Sing Together: “Breathe In, Breathe Out” [LINK](#)

Breathe in. Breathe out.
Breathe in. Breathe out.
When I breathe in, I'll breathe in peace.
When I breathe out, I'll breathe out love.

Check-in

Without crosstalk or interruption, please check in with the group, describing where you are in your life now, noticing what needs to be shared in order to be fully present in our circle.

Reading #1:

“Plants and animals don’t fight the winter; they don’t pretend it’s not happening and attempt to carry on living the same lives that they lived in the summer. They prepare. They adapt. They perform extraordinary acts of metamorphosis to get them through. Winter is a time of withdrawing from the world, maximising scant resources, carrying out acts of brutal efficiency and vanishing from sight; but that’s where the transformation occurs. Winter is not the death of the life cycle, but its crucible.”

— Katherine May, Wintering: The Power of Rest and Retreat in Difficult Times

Reading #2

“You were not just born to center your entire existence on work and labor. You were born to heal, to grow, to be of service to yourself and community, to practice, to experiment, to create, to have space, to dream, and to connect.”

— Tricia Hersey, Rest Is Resistance: A Manifesto

Reading #3

“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again.”

— Thich Nhat Hanh, The Miracle of Mindfulness: An Introduction to the Practice of Meditation

Questions to Consider

1. In your mind, how might we see survival as a breath? Why does it so often seem like a relentless sprint instead?
2. How do you find time for rest, intentional breathing, and peace amidst all the activities of your daily life?
3. How do you deal with feelings of being “unproductive” if you set aside time to simply breathe and rest?
4. It has been said, “breath is life” – what does that quote mean to you?

Sitting in Silence

We will sit in silence for 5 minutes. Take this time to center yourself and reflect on the readings, questions, and theme, considering what you would like to share with the group.

Sharing/Deep Listening

Please listen deeply to others & share from your own experience and thoughts on the readings, questions, or theme without crosstalk or interruption. Please ensure everyone gets an equal opportunity to participate.

Second Sharing/Crosstalk

As time allows, after listening to others, do you have additional thoughts to share?

Check-Out

How are you feeling now, as you leave our circle? What are you taking with you? How can we best support you in the weeks ahead?

Extinguishing the Chalice By Maggie Lovins

We extinguish this flame but not its meaning and mission in our hearts.
Our time together has come to an end.
Go in peace, be of service to one another,
and may you move through the world in love for all of your days.