

LIFE'S JOURNEY AND SPIRITUALITY

(adapted from a session by Rev. Amy Bowden Freedman)

OPENING WORDS & CHALICE LIGHTING:

We are here to grow in wisdom and learn how to love better.

As we do this in our own ways, we slowly become a blessing to those around us and a light to the world. -Rachel Naomi Remen

PURPOSE: We come together to build connections and to support each other on our spiritual journeys.

CHECK IN: What are you leaving behind to be fully present here today.

READING OF GROUP COVENANT

FOCUS: Sharing and Deep Listening on the topic: Life's journey and spirituality

Some quotations for reflection:

"By spiritual, I mean the ancient and abiding human quest for connectedness with something larger and much more trust-worthy than our egos—with our own selves, with one another, with the worlds of history and nature, with the invisible winds of the spirit, and with the mystery of being alive." ~Parker Palmer

"Spirituality exists wherever we struggle with the issue of how our lives fit into the greater cosmic scheme of things. This is true even when our questions never give way to specific answers or give rise to specific practices such as prayer or meditation. We encounter spiritual issues every time we wonder where the universe comes from, why we are here, or what happens when we die. We also become spiritual when we become moved by values such as beauty, love, or creativity that seem to reveal a meaning or power beyond our visible world. An idea or practice is "spiritual" when it reveals our personal desire to establish a felt-relationship with the deepest meanings or powers governing life." ~Robert C. Fuller

"...humans have a spiritual dimension, broadly defined – a yearning for meaning and purpose, a connection to the rest of humanity and life on Earth, a sense of existential wonder and mystery. Whether expressed theistically or secularly, it is a part of being fully human." ~Roberta Nelson, UU World, Fall 2007

The kind of spirituality I value is one in which you get great joy out of contributing to life, not just sitting and meditating, although meditation is certainly valuable. But from meditation, from the resulting consciousness, I would like to see people in action creating the world they want to live in. -Marshall Rosenberg

The spiritual path – is simply the journey of living our lives. Everyone is on a spiritual path; most people just don't know it.
-Marianne Williamson

"Allowing the past to come through you like a slowly moving train without your preventing it or stopping it can teach you and allow you to remain in the present. Knowing as much of your unfinished business as possible can help to avoid being drawn into it when you are quiet."

— *Prayerfulness: Awakening to the Fullness of Life* by Robert Wicks

QUESTIONS: Each person speaks uninterrupted. If time remains, general discussion is welcome.

1. Each of us holds our own understanding of "spirituality." What does this word mean to you, and has its meaning changed for you over time?
2. If you see your life (or one aspect of your life) as a 'spiritual journey,' where are you on that journey at this time in your life?
3. What 'unfinished business,' spiritual or otherwise, are you still seeking answers for on your life's journey.

CONFIDENTIALITY CHECK AND CHECK OUT: Is there anything that you shared here today that you would like held confidential? Otherwise, this is a reminder that we treat each other's sharing with kindness and respect.

CLOSING WORDS:

What we call a beginning is often the end.

And to make an end is to make a beginning.

The end is where we start from. We shall not cease from exploration.

And the end of all our exploring will be to arrive where we started and know the place for the first time.

Singing the Living Tradition #685 T.S. Eliot