

Self Care—October 2014

UUFVB Covenant Groups

Chalice Lighting

May we know once again that we are not isolated beings,
but connected, in mystery and miracle,
to the universe, to this community and to each other.

Check-in: How is your spirit right now?

Opening Reading

The paths toward self-nourishment are countless ... We can learn from mentors and buddies, but eventually we're answerable for finding, then tailoring, the disciplines that will sculpt our idiosyncratic being into healthier shape. There is no hierarchy of regions: The soul's no more important than the mind, nor the heart than the body. They're equally crucial. (Thomas Owen-Towle, *Theology Ablaze*)

Topic Exploration

Here are a few things that pulled from multiple sources that have been suggested as perhaps helpful when it comes to taking care of yourself: finding overgrown grass and putting my bare feet and it...lying in the grass on the hill and staring up at the daytime clouds or nighttime stars...getting up early for leisurely cup of coffee/hot chocolate or other favorite beverage...journaling...walking with my dogs...going places—getting a change of scenery...guided meditation...listening to books and music...face-to-face conversations with people...better diet...not skipping sleep to get things done...trying to multitask less...scheduling time to myself every day.

The trick is to try and avoid the guilt that sometime crowds in on us when we take time from a busy existence to tend to our inner selves and the other side of that same coin; avoid the feeling that "I must accomplish something with every segment of time available to me." That has been the mantra of much of America. The feeling that efficiency of movement and use of time should be paramount. We sometimes forget that efficient use of time includes efficiently tending to body, mind and spirit. Tom Owen-Towle said "If we fail to take time out to sharpen our tools, those same tools are bound to break down. If we bypass healthy and holy breaks amid our frenetic days, then our bodies and spirits will surely decline."

Questions/Sharing

1. Why should we consider self-care as something to be concerned about? Do we need to care for ourselves before we can effectively care for others?

2. Think of something you do monthly, weekly or even daily that you look forward to and when engaged in it, the time just slips away from you. If this makes you smile, do more of it. Share this with the group.

3. What do you do every day that helps you prepare for the hectic pace of the day to come, or unwind from the day's hectic pace.

4. Self care includes care for your physical self....how are you doing when it comes to diet and exercise? What could, or should you do that you are not doing?

5. Self care includes care of your spirit, your emotional well-being, and considering yourself as well as others in your relationships. Discuss something you do that promotes a healthy life balance for yourself.

Closing Readings

Stifling an urge to dance is bad for your health – it rusts your spirit and your hips.

(Adabella Radici—unidentified on internet)

Build on strengths. Cultivate excitement. Starve problems and feed solutions. If you are a smoker and the idea of a regular running program appeals to you, you might find yourself quitting cigarettes about the time you get up to three or four miles a day. If you have a problem with weight control, and you've always been intrigued by meditation, a daily meditation session might be more useful than a whole stack of diet books. Goals that enrich your life are usually more successful--and are certainly a lot more fun--than goals that deprive you of something. (Tom Ferguson, MD. on *Healthy.net*)

Extinguish the Chalice

We extinguish this flame but not the light of truth,
the warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

Housekeeping