

Living with Intention—UUFVB Covenant Groups—June 2015

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

Why should we live in such a hurry and waste life?
We're determined to be starved before we are hungry.
I wish to live deliberately, to front only the essential facts of life.
I wish to learn what life has to teach, and not, when I come to die, discover that I have not lived.
I do not wish to live what is not life, living is so dear,
Nor do I wish to practice resignation, unless it is quite necessary.
I wish to live deep and suck out all the marrow of life,
I want to cut a broad swath, to drive life into a corner, and reduce it to its lowest terms.
If it proves to be mean, then to get the whole and genuine meanness of it, and publish its meanness to the world;
Of if it is sublime, to know it by experience, and to be able to give a true account of it.
(Henry David Thoreau)

Topic Exploration

When Thoreau said "living deliberately," he meant to live each moment to its fullest by studying what it meant to be alive, to be living as part of the great plan of God and nature. He meant trying to understand your place in the world, how you fit in, and by understanding that, understanding yourself. To Thoreau, where you lived defined how you lived. So, if you lived in the city, he felt you could not really be in tune with yourself and the world. He felt you needed to live in harmony with nature, that you should live a very simple life, without any distractions, to study nature and your place in the world.
(Janet, Yahoo Answers)

Questions / Sharing

1. What does it mean to you to live with intention? Is it the same as living simply?
2. Does our culture affect our ability to live with intention?
3. What changes would you need to make in your life to live more deliberately?
4. Do we need to reevaluate our priorities?
5. Is there a comfortable compromise?

Closing Reading

'Tis a gift to be simple,
'tis the gift to be free.
'Tis the gift to come down
where we ought to be.
And when we find ourselves
in the place just right,
'Twill be in the valley
of love and delight.

When true simplicity is gained,
To bow and to bend
we shall not be ashamed.
To turn, turn
will be our delight,
'Till by turning, turning
we come round right.
(Hymn #16, *Singing the Living Tradition*)

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