

Balance—UUFVB Covenant Groups—June 2020

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: What is most on your mind today?

Opening Readings

“I don't like the word 'juggling' or 'work-life balance.' You prioritize.” *(Joanna Coles, former chief content officer for Hearst Magazines)*

“For me it's important to be in balance. To not let fear get in the way of things, to not worry so much about protecting yourself all the time.” *(John Frusciante, noted guitarist with the band Red Hot Chili Peppers)*

“I always try to balance the light with the heavy--a few tears of human spirit in with the sequins and the fringes.” *(Bette Midler, American popular singer)*

“My personal challenge is always balance. My life has a lot of compartments to it, and I care about each of them deeply. So I wake up each day thinking, how am I going to balance today?” *(Marc Platt, American film producer)*

The great Rabbi Hillel said, "If I am not for myself, who will be for me? If I am only for myself, then who am I? If not now, when?"

Topic Exploration

It seems pretty clear from the opening readings that balance is not only an individual construct, but a dynamic one; the parameters of which are always changing. They change along the course of our lives. What we long for as younger people shifts as we move through the seasons of life. Balance of work, play, or family is the siren song of so many as they juggle complicated lives that demand prescribed work and family responsibilities. Older adults have different needs, moving into the need to balance lives that are sometimes circumscribed by worry or health issues versus the skills needed to compartmentalize these issues at times. We balance the need for community versus the need for solitude; the search for relevance in an age of rapid technological developments versus the desire to slow down the pace of life. The desire to dream one's dreams versus the reality of mortality that can temper them.

Questions / Sharing

1. What IS balance? Do you believe it exists? If so, how important is it to you?
2. Does a search for balance mean a search for comfort or security? Is being 'off balance' a path to balance, as a signpost or waypoint?
3. Would we recognize balance if we had it? Is balance a destination or journey?
4. Is there someone you know that has achieved balance in a way you'd like to emulate?
5. How is the notion of balance addressed in Unitarian Universalism? Is it a part of our seven principles or a part of the 'culture' of Unitarian Universalism?

Closing Reading: "Dust of Snow," (Robert Frost, American poet)

The way a crow shook down on me
The dust of snow
From a hemlock tree

Has given my heart
A change of mood
And saved some part
Of a day I had rued.

Check-out and reflections on today's session: Please express any thoughts on the content or process of today's session.

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