

Creativity
UU Community Church of Santa Monica
Heart to Heart Circles
May 2018

Chalice Lighting

Because creation is always an act of faith, and faith is a spiritual issue, so is creativity. As we strive for our highest selves, our spiritual selves, we cannot help but be more aware, more proactive, more creative.

Julia Cameron

Sharing Silence – 3 minutes

We open our time together with shared silence for three minutes. This can be a time to meditate if that is part of your practice, reflect on your transition from where you have been during the day to where you are now, or just to be.

On Our Hearts

On our hearts is a practice of sharing and listening that invites us into connection with one another by sharing what is really going on for us as we come into the circle. Some months you will come to the group with wonderful news or a heavy heart, and it will be important for the group to know what is going on with you. Please share the major highs and lows, the things you'd like for everyone to keep in their heart or their prayers for you.

Covenant

Our covenant includes a description of how we want to be with each other, ground rules for our time together, and our expectations for members of the group.

Adapted from *Heart to Heart* by Christine Robinson and Alicia Hawkins

I commit myself:

- to give attendance at meetings a real priority knowing that my presence is important to the group;
- to let the leader know if I will be absent or need to quit
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others;
- to not gossip about what is shared in the group, and tell only my own story to others;
- to honor the safety of the group by listening to what others share with an open heart;
- to refrain from cross-talk, judging, problem solving, or giving advice;
- and to share as deeply as I can when it is my turn.
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Readings

All of us dwell on the brink of the infinite ocean of life's creative power. We all carry it within us; supreme strength, the fullness of wisdom, unquenchable joy. It is never thwarted and cannot be destroyed. But it is hidden deep, which is what makes life a problem. The infinite is down in the darkest, profoundest vault of our being, in the forgotten well-house, the deep cistern. What if we could discover it again and draw from it unceasingly?

Huston Smith, from *The Religions of the World*

We all have unique talents and passions, our own personal creative potential...it may be music or mathematics or chemistry. A fireman or homemaker or physician or teacher all have the personal dimension of creative achievement -- that point where individual talent meets personal passion.

Ken Robinson

Imagination is more important than knowledge. While knowledge defines all we currently know and understand, imagination points to all we might yet discover and create.

Albert Einstein

The highest prize we can receive for creative work is the joy of being creative. Creative effort for any other reason than the joy of being in that light filled space, love, god, whatever we want to call it, is lacking in integrity.

Marianne Williamson

Nobody will stop you from creating. Do it tonight. Do it tomorrow. That is the way to make your soul grow – whether there is a market for it or not! The kick of creation is the act of creating, not anything that happens afterward. I would tell all of you: Before you go to bed, write a four line poem. Make it as good as you can. Don't show it to anybody. Put it where nobody will find it. And you will discover that you have your reward.

Kurt Vonnegut

Rule of life: Can't kills creativity

Camille Paglia

Questions for consideration:

1. What are the ways in which you are creative? Share some things you are proud to have created.
2. What creative longings do you have? Can you name some ways you might try to nurture the creator in you?

3. Do you see ways spirituality and human creativity are connected? How are they related for you? Share a creative activity or moment that you experienced as religious or spiritual.
4. Do you know what you are building, composing or creating with your life?
5. There's creativity in tearing things down. What in your life needs creatively deconstructed so new life has room to grow?
6. When was the last time you created (or helped create) something that will outlive you?

Sharing 60 minutes

Reflecting on Our Time Together

Please share anything that would otherwise be unsaid as you leave our time together. Do you wish you had said something more, less, different? How are you feeling as you leave? Feeling words are ok, such as sad, mad, glad, peaceful, powerful, joyful.

Closing Words

If I were to wish for anything, I should not wish for wealth and power, but for the passionate sense of the potential, for the eye, which ever young and ardent, sees the possible. Pleasure disappoints, possibility never.
Soren Kierkegaard