

## Abundance

UU Community Church of Santa Monica  
Heart to Heart Circles - November 2017

### Chalice Lighting

The feeling of peace is something that happens in the present moment. It's not something that we bring with us from the past or project into the future.

*Jill Bolte Taylor, My Stroke of Insight*

### Sharing Silence (3 minutes)

You may wish to bring your attention to your breath, or move a bit until you have found a comfortable seat. If silence is not a familiar experience to you, three minutes may seem long. If you are accustomed to silence, it may seem short.

### 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's going on with you. Please share the major highs and lows, the things you'd like everyone to keep in their hearts or in their prayers for you.

### Covenant and Ground Rules

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; <sup>[L]</sup><sub>[SEP]</sub>
- to let the leader know if I will be absent or need to quit <sup>[L]</sup><sub>[SEP]</sub>
- to share with the leader the responsibility for good group process by watching how much time I take <sup>[L]</sup><sub>[SEP]</sub> to speak and noticing what is going on for others; <sup>[L]</sup><sub>[SEP]</sub>
- to not gossip about what is shared in the group, and tell only my own story to others; <sup>[L]</sup><sub>[SEP]</sub>
- to honor the safety of the group by listening to what others share with an open heart; <sup>[L]</sup><sub>[SEP]</sub>
- to refrain from cross-talk, judging, problem solving, or giving advice;
- and to share as deeply as I can when it is my turn.

## Readings

We are beset with the fear of scarcity – not just economic scarcity, but fear that all our resources are limited... We grow up thinking that we are not good enough or wise enough or athletic enough or rich enough... enough to do what? To live up to the expectations others thrust upon us. We should decide for ourselves when enough is enough – but too often we let the pressures of the world decide this for us, and we find ourselves lacking. -

*Rev. Anne Mason*

When we see that our days are replete with abundance, we are less afraid. When we are less afraid, we connect more. The more connections we see in our lives, the more abundance we notice.

*Rev. Deanna Vandiver*

I have the world's largest collection of sea shells. I keep it scattered on the beaches of the world. Have you seen it?

*Steven Wright, comedian*

This could be our revolution: to love what is plentiful as much as what is scarce.

*Alice Walker*

Abundance is a process of letting go; that which is empty can receive.

*Bryant H. McGill*

“The Buddhist word for attachment is “do shag” which literally translates to mean “sticky desire.” I love this translation! If you really think about how you feel when you are grasping for something that you really want, you can feel its sticky pull. And until you figure out a way to get it, you feel this longing and obsession. We have all been there with different things and at different times in our lives. In a world that entices us with constant cravings and sticky desires, we can slow ourselves down and let go of attachment to that desire for more. And surprisingly, without fail, if we let go, we will receive...” *Rev. Karon Sandberg*

## Questions for consideration:

1. What would happen if you decided that abundance was lying around waiting for you to notice it, rather than something you earn or win?
2. Is clinging to the pursuit of what you want cutting you off from noticing what you have?
3. Have you had enough of not feeling like you are enough?
4. Does time no longer feel abundant? Is that being forced on you? Or might you have a choice?
5. Is it really true that you are right and they are wrong? Or could the truth be more abundant than that?

6. For many of us autumn is abundant with leaves blazing full of color. But if you blink, they are gone. What temporary blaze of abundance do you need to pay attention to before time runs out?
7. Who validates the abundance of who you are? Who has helped you present your whole self to the world? Have you thanked them lately?

### 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 shared 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 you let go a little, you will have a little peace. If you let go a lot, you will have a lot of peace.

*Ajahn Chah*