

## **Balance**

from *Heart to Heart: Fourteen Gatherings for Reflection and Sharing*

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UU Community Church of Santa Monica

Small Group Ministry

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### **Chalice Lighting**

Out of our busyness, we are called back into balance, back into ourselves and the silence of present being. But it is not just back into ourselves to which we are called; it is also to the awareness of the continuous presence of the environment around us and within us. We are called to remember our relationships and our dependencies. We are called to once again feel the oneness which sustains our being in balance with creation, and to do so with wonder and appreciation.

- Susan Manker-Seale

### **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.

### **Check in / On Our Hearts** 15 minutes

### **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 our group.

### **Readings**

On the tightrope of life, only one thing allows us to move forward, and that one thing is balance.

- Laura Kangas

The butterfly counts not months but moments, and has time enough.

-Rabindranath Tagore

Balance is not better time management, but better boundary management. Balance means making choices and enjoying those choices.

- Betsy Jacobson

When you stand with your two feet on the ground, you will always keep your balance.

-Lao Tsu

**Questions for consideration:**

1. Does your life feel like it is in balance, so that work, commuting, household chores, family and friends, creativity, rest, and spiritual life are in appropriate relationship with one another? What helps you maintain your balance?
2. Some of us have lives that look like a see-saw, with one end weighed down by things we have too much of, and the other high in the air, representing what we don't have enough of. On your "life see-saw," what do you have too much of? What would you like more of?

**Sharing** 60 minutes

**Closing Activity / Reflecting On Our Time Together**

Please reflect on how you experienced our time together. Do you wish you had said something more, less, different? How are you leaving our circle right now? Feeling words are ok: sad, mad, glad, peaceful, powerful, joyful.

**Closing Words**

Break not the circle of enabling love  
where people grow, forgiven and forgiving,  
break not that circle, make it wider still,  
till it includes, embraces all the living.  
- #323 Break Not the Circle, *Singing the Living Tradition*