



SMALL GROUP MINISTRIES

Finding Balance

In this world there are only two tragedies. One is not getting what one wants, and the other is getting it.

- Oscar Wilde

Be moderate in order to taste the joys of life in abundance.

- Epicurus

Opening and Chalice Lighting

Life is an art, it requires practice to achieve greatness, but greatness is always waiting, ready to be attained.

May the light of this chalice remind us of the possibility for everyone to achieve truth and goodness in our lives, if we only seek it.

- Beth Bullmer, UUA

Quiet Reflection

Listening is an attitude of the heart, a genuine desire to be with another which both attracts and heals.

- J. Isham

Sharing/ Check-In

Take two or three minutes to share how you are spiritually, psychologically, emotionally, and physically. You can speak or you can pass. We want to know how you are in this moment.

Topic

To live content with small means,
to seek elegance rather than luxury,
and refinement rather than fashion,
to be worthy, not respectable, and wealthy, not rich,
to study hard, think quietly, talk gently, act frankly,
to listen to stars and birds, babes and sages, with open heart,
to bear all cheerfully,
do all bravely,
await occasions,
hurry never—
in a word, to let the spiritual, unbidden and unconscious,
grow up through the common.

This is to be my symphony.

- William Ellery Channing

Break/Quiet Contemplation

The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise [wo]man.
- *Euripides*

There are as many nights as days, and the one is just as long as the other in the year's course. Even a happy life cannot be without a measure of darkness, and the word 'happy' would lose its meaning if it were not balanced by sadness.
- *Carl Jung*

A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life.
- *William Arthur War*

If you could live without limits, if you could do anything, go anywhere, command anyone to do what you wanted, would that make you happy?
- *Rabbi Harold Kushner*

In today's speeded-up ways of working and living, slowing down is an important spiritual discipline... we are conditioned to live faster and faster with no time for inner reflection or sensitivity to others. We are only beginning to see that speed makes our lives tense, insecure, inefficient, and superficial.
- *Eknath Easwaran*

The eyes of other people are the eyes that ruin us. If all but myself were blind, I should want neither fine clothes, fine houses, nor fine furniture.
- *Benjamin Franklin*

I acknowledge that the balance I have achieved between work and family roles comes at a cost, and every day I must weigh whether I live with that cost happily or guiltily... It is always my choice: to change what I cannot tolerate, or tolerate what I cannot—or will not—change.
- *Melinda M. Marshall*

Live in the present. Do the things that need to be done. Do all the good you can each day. The future will unfold.
- *Peace Pilgrim, peace activist*

Sharing/Deep Listening

Speak about this topic in any way that is comfortable to you. If you choose to use the questions, focus on just one or two, as this will allow you to go deeper into the topic.

- How important to you is balance in your life? Is it something you strive for?
- What do you consider a balanced life? Can a life be balanced over the course of a lifetime? Is it possible to keep everything in balance at any one point in time?
- What do you try to balance in your life? Has this changed over time for you?
- Have you had times in your life where things felt particularly in balance?
- At times when your life has felt out of balance, did you try to bring things back into balance? What steps did you take?
- Have you had a time when a positive event created an unbalance or an adverse event led to more balance in your life?

Discussion

This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.

**Checkout/
Likes & Wishes**

What did you like about this meeting? What would you like to see change at future meetings?

Announcements**Closing Reading/
Extinguish Chalice**

Life is so precious, yet in our daily lives, we are usually carried away by our forgetfulness, anger, and worries, lost in the past, unable to touch life in the present moment. To practice mindfulness is to return to life in the present moment. When we are truly alive, everything we do or touch is a miracle.
- Thich Nhat Hanh, For a Future to be Possible