



What Does It Mean to Be a People of Balance?

Cover quotes:

To do two things at once is to do neither. ~ *Publilius Cyrus*

Equanimity doesn't mean keeping things even; it is the capacity to return to balance in the midst of an alert, responsive life. I don't want to be constantly calm. The cultural context I grew up in and the relational life I live in both call for passionate, engaged response. I laugh and I cry and I'm glad that I do. What I value is the capacity to be balanced between times. ~ *Sylvia Boorstein, from Don't Just Do Something, Sit There*

We are very good at preparing to live, but not very good at living. We know how to sacrifice ten years for a diploma, and we are willing to work very hard to get a job, a car, a house, and so on. But we have difficulty remembering that we are alive in the present moment, the only moment there is for us to be alive. ~ *Thich Nhat Hanh*

Balance is not better time-management, but better boundary-management. ~ *Betsy Jacobson*

Busy people have goals; productive people have priorities. ~ *Anonymous*

Preliminaries *Announce upcoming church events; get a volunteer to light the chalice.*

Centering *See Leader Notes.*

Opening / Chalice May this flame we light remind us that every one of us can bring the light of love to the world.

Lighting May this clear flame be a symbol that every heart can burn bright with joy, peace, and harmony.

*~ Reading
#111 by Petr Samojsky,
Lifting Our*

May the wisdom of ages speak to us through this flame and stay in us.

Voices

Every one of us can be a blessing to the world.

Check-in *Take a minute or two to share briefly the high point or the low point of your life since we last met.*

Reading I remember Galileo describing the mind as a piece of paper blown around by the wind,..

*Excerpt from
“I Remember Galileo” by
Gerald Stern*

but yesterday I saw the mind was a squirrel caught crossing Route 80 between the wheels of a giant truck, dancing back and forth like a thin leaf,..

It was the speed of the squirrel and his lowness to the ground, his great purpose and the alertness of his dancing, that showed me the difference between him and paper... Paper will do in theory, when there is time to sit back in a metal chair and study shadows; but for this life I need a squirrel,...

**Sitting in
Silence**

**Sharing/
Deep
Listening** *Deeply listening, without response or thought of response at this time, is the gift we give and receive as we share our thoughts on the preparation for this session. Sharing should be about five minute per person.*

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.*

Singing
~ Words &
music by
Shlomo
Carlebach,
#1011,
Singing the
Journey

Return again,
Return again,
Return to the home of your soul, (2x)

Return to who you are,
Return to what you are,
Return to where you are
born and reborn again. (2x)

**Extinguishing
the Chalice** *Join hands or link arms as you read the closing words together:*

~ Reading
#697 by
Wendell
Berry, Singing
the Living
Tradition

The love and the work of friends and lovers
belong to the task and are its health.
Rest and rejoicing belong to the task,
and are its grace.
Let tomorrow come tomorrow.
Not by your will is the house carried through the night.