



## SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH  
OF SAN JOSE

### **What Does It Mean to Be a People of Balance?**

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 Lighting**     May this flame we light remind us that every one of us can bring the light of love to the world.

*~ Reading #111 by Petr Samojsky, Lifting Our Voices*     May this clear flame be a symbol that every heart can burn bright with joy, peace, and harmony.

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

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**  
*Excerpt from "I Remember Galileo" by Gerald Stern*

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