

Bulletin for Time

Business

Chalice Lighting

Look to this day!
For it is life, the very life of life.
In its brief course lie all the verities
and realities of your existence:
The bliss of growth,
The glory of action,
The splendor of beauty;
For yesterday is but a dream,
And tomorrow is only a vision;
But today, well lived, makes every yesterday
A dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day.

—*Kalidasa*

Sharing of Joys and Concerns

Silence

Shared Readings

The morning glory which blooms for an hour
Differs not at heart from the giant pine,
Which lives for a thousand years.

—*Zen poem*

Whether, if soul did not exist, time would exist or not, is a question that may fairly be asked; for if there cannot be someone to count there cannot be anything that can be counted.—*Aristotle*

It has often been observed, that those who have the most time at their disposal profit by it the least.—*William Ellery Channing*

Hence, there is a time to go ahead and a time to stay behind.
There is a time to breathe easy and a time to breathe hard.
There is a time to be vigorous and a time to be gentle.
There is a time to gather and a time to release.
Can you see things as they are
And let them be all on their own?

Lao-tzu

Dost thou love life? Then do not squander time, for that's the stuff life is made of.
—*Benjamin Franklin*

Deep Sharing/Deep Listening

Round I

Share a description that tells how you feel about time.

Round II

Share deeply from readings and questions in the preparation material.

Round III

As time allows share additional thoughts or reflect on what others have shared.

Closing Words**Song**

Leader's Notes for Time

Business

Chalice Lighting

Sharing of Joys and Concerns (about 2 min. per person)

Silence (3 min.)

Shared Readings

Deep Sharing/Deep Listening During your rounds of deep sharing/deep listening, pay close attention to the time allotted each person to ensure all get to share at least once.

Round I (about 2 min. per person)

Share a description that tells how you feel about time.

Round II (about 5 min. per person)

Share deeply from readings and questions in the preparation material.

Round III (about 2 min. per person)

As time allows, share additional thoughts or reflect on what others have shared.

Closing Words

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.—*Carl Sandburg*

Song

Preparation for Time

Time is but the stream I go a-fishing in.—*Henry David Thoreau*

Twenty-four hours each day, no more and no less. Sometimes that's hard to believe because it feels as if time is moving faster or slower at certain times of our lives. We sometimes equate time with money or something tangible when we ask, "How did you spend your time when you were on vacation," or say to friends, "the afternoon was a total waste of time."

Yesterday is a canceled check; tomorrow is a promissory note; today is the only cash you have—so spend it wisely.—*Kay Lyons*

How we spend our days is, of course, how we spend our lives.—*Annie Dillard*

We can measure time mechanically with clocks or more naturally with the rising and setting of the sun and the passing of the seasons. But no matter how we monitor the passing of time, we cannot control its passage nor go back in time. Maybe that is why time seems so precious.

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.—*Carl Sandburg*

We are conscious of the transiency of life as we perceive the transiency of nature. The summer is a particularly poignant time because even as we glory in its lush greenness and warmth and beauty, we still feel in our bones the memory of the chill of winter, and the wet cold of mud season, and the certainty of the seasons to come.—*Robert Sengas*

The future is something which everyone reaches at the rate of 60 minutes an hour, whatever he does, whoever he is.—*C. S. Lewis*

For several decades our society has focused on time management, which seeks to squeeze the maximum amount of productivity from each minute. Multitasking is a common practice for most of us. And while an increase in personal productivity might lead to more control over some things in our lives, we have begun to hear about the effects of stress on our physical and mental health and problems with personal relationships.

In response, some people have begun to practice mindfulness, the Buddhist practice of being present in each moment.

Life can be found only in the present moment. The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life.

—*Thich Nhat Hanh*

There is only one world, the world pressing against you at this minute. There is only one minute in which you are alive, this minute here and now. The only way to live is by accepting each minute as an unrepeatable miracle.—*Storm Jameson*

Be here now.—*Baba Ram Dass*

If my happiness at this moment consists largely in reviewing happy memories and expectations, I am but dimly aware of this present. I shall still be dimly aware of the present when the good things that I have been expecting come to pass. For I shall have formed a habit of looking behind and ahead, making it difficult for me to attend to the here and now. If, then, my awareness of the past and future makes me less aware of the present, I must begin to wonder whether I am actually living in the real world.—*Alan Watts*

Control your attention, you control your life.—*Maura Thomas*

While washing the dishes one should only be washing the dishes, which means one should be completely aware of the fact that one is washing the dishes. At first glance, that might seem a little silly. Why put so much stress on a simple thing? But that's precisely the point. The fact that I am standing there and washing these bowls is a wondrous reality. I am completely myself, following my breath, conscious of my presence, and conscious of my thoughts and actions. There's no way I can be tossed around mindlessly like a bottle slapped here and there on the waves.—*Thich Nhat Hanh*

Ideas to Ponder

- How would you describe how you feel about time? Do you think of time as a placid pool or a raging waterfall? A puddle or an ocean? Linear and sequential, or without beginning and end (or, to put it another way, a line or a circle)? A stern taskmaster or a friendly helper? A seamless whole or bits and pieces? A crowded room or a vast landscape? Personal or impersonal? Tame or wild? Infinite or limited? Timely or timeless? Be prepared to share your description of the way you view time with the group.
- How does your perception of time affect your daily life?
- How has your vision of and perception of time changed as you've grown older?
- Can you describe a time in your life when time stood still?
- When are you most mindful? What do you notice about these times?