

Gathering for Wholehearted Living

Words of the Day

I practice wholehearted living when I ...

Chalice Lighting

We light this chalice to shine on our time together. In its light we celebrate the relationships and understanding we are creating in this place and time. May our sharing be deep. (*Light chalice*)

The Basket

Sharing of Joys and Concerns

Silence, holding ourselves and each other in silent support

Shared Readings

The original, shimmering self gets buried so deep that most of us end up hardly living out of it at all. Instead we live out all the other selves, which we are constantly putting on and taking off like coats and hats against the world's weather. *Frederick Buechner*

You do not have to be good.
You do not have to walk on your knees
For a hundred miles through the desert, repenting.
You only have to let the soft animal of your body love what it loves.
Mary Oliver

People may spend their whole lives climbing the ladder of success only to find, once they reach the top, that the ladder is leaning against the wrong wall. *Thomas Merton*

Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave. *Mary Tyler Moore*

To be fully alive, fully human, and completely awake is to be continually thrown out of the nest. To live fully is to be always in no-man's-land, to experience each moment as completely new and fresh. To live is to be willing to die over and over again. *Pema Chödrön*

This is perhaps the greatest risk any of us will take, to be seen as we truly are.
Fairy Godmother, Cinderella

Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray. *Rumi*

So, terrible things happen. But don't let that stop you. That torn place your fear has opened up inside of you is a holy place. Look around while you are there. Pay attention to what you feel, for though it hurts, it is the kind of hurt that leads to life. *Richard Rohr*

Our innate nature is to be pure of heart. But somewhere along the way ... [the ego] gets in the way and brings on outside elements that cover up this innate purity. *Ruben Habito*

Deep Sharing/Deep Listening

Round 1: Share your reflections on wholehearted living and the preparation materials.

Round 2: Share additional thoughts or reflect on what others have shared.

Closing Circle

Extinguishing the Chalice

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We keep these in our heart until we meet again. (*Extinguish the chalice.*)

Song/Chime

Announcements

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share with the facilitator the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, giving advice, or advocating a specific view
- to share as deeply as I can when it is my turn and to stay on the "I-message."