

THE BENEFITS OF ANONYMITY

First Universalist Church Unitarian Universalist, Auburn, ME, Rev. Glenn H. Turner, 2015

OPENING WORDS & CHALICE LIGHTING:

"I have three treasures:

The first is love,

The second is moderation,

The third is, Never try to be first
in the world.

Through love, one has courage;
In moderation, one has strength;
Not trying to outrun and be first,
One gives one's talent time to mature.

— Tao Te Ching LXVII

MEDITATION

CHECK IN: (40 - 50 minutes)

What you share may be about your physical or spiritual health,
cares or concerns for loved ones, issues you are facing.

Each person in the group speaks uninterrupted, for five minutes each, if there
is time remaining, additional sharing and responses are welcome.

FOCUS: "THE BENEFITS OF ANONYMITY"

"I was born out of due time in the sense that by temperament and talent I should have
been more suited for the life of a small Bach, living in anonymity and composing
regularly for an established service and for God."

Igor Stravinsky

"You know, it is good to hide your brilliance under a bushel, to be anonymous, to love
what you are doing and not to show off. It is good to be kind without a name. That
does not make you famous, it does not cause your photograph to appear in the
newspapers. Politicians do not come to your door. You are just a creative human being
living anonymously, and in that there is richness and great beauty." - Jiddu Krishnamurti

Discussion:

Is being “a creative human being” a goal for you? How might this description bring you “richness and great beauty” or not?

What do you think about “hiding your brilliance under a bushel. . .remaining anonymous. . .”? Advantages/downside?

LIKES AND WISHES

How did this session go for you? Is there anything you’d like to call particular attention to?

CLOSING WORDS:

"You have traveled too fast over false ground;
Now your soul has come to take you back.

Take refuge in your senses, open up
To all the small miracles you rushed through.

Become inclined to watch the way of rain
When it falls slow and free.

Imitate the habit of twilight,
Taking time to open the well of color
That fostered the brightness of day.

Draw alongside the silence of stone
Until its calmness can claim you.”

— John O'Donohue