

Unitarian Universalist Small Group Ministry Network Website  
**Creation**  
Unitarian Society of Germantown, Philadelphia, PA, March 2013

## **Introduction**

Creation is the spiritual theme of the month. This curriculum invites us to reflect upon our roles in the creation of our lives. The great Unitarian theologian Henry Nelson Weiman equated God and creativity and believed that both are found in all people.

So this month let's contemplate how we each play a role in the creation of the world. It is also true that for most of us our creative artistry becomes blocked by fear, jealousy, workaholicism and other problems. Let's work to overcome our blocks and tap into what truly excites and inspires us to create.

Much of this curriculum is based upon Julia Cameron's book, "The Artist's Way". Julia writes, "Creativity is a natural life force that all can experience in one form or another. Everything we do requires making creative choices, although we seldom recognize that fact. The ways in which we dress, set up our homes, do our jobs, the movies we see, and even the people we involve ourselves with – these all are expressions of our creativity. It is erroneous beliefs about creativity, our cultural mythology about artists ("all artists are broke, crazy, promiscuous, self-centered, stingy, or they have trust funds") that encourage us to leave our dreams unfulfilled."

This month let's nurture our natural life force of creativity. Let's have some fun while exploring and fulfilling our dreams.

In Faith, Kent

## **Quotes for Inspiration**

The purpose of art is not a rarified, intellectual distillate—it is life, intensified, brilliant life.  
~ Alain Arias Misson

Nobody sees a flower – really – it is so small it takes time—we haven't time—and to see takes time, like to have a friend takes time. ~ Georgia O'Keefe

So you see, imagination needs long, inefficient, happy idling, dawdling and puttering.  
~ Brenda Ueland

Only when he no longer knows what he is doing does the painter do good things.  
~ Edgar Degas

Imagination is more important than knowledge. ~ Albert Einstein

Jealousy is always a mask for fear: that we aren't able to get what we want; frustration that somebody else seems to be getting what is rightfully ours even if we are too frightened to reach for it. At its root, jealousy is a stingy emotion. It doesn't allow for the abundance and multiplicity of the universe. Jealousy tells us there is room for only one – one poet, one painter, one whatever you dream of being. ~ Julia Cameron

## **Chalice Lighting**

*When the soul wishes to experience something she throws an image of the experience out before her and enters into her own image.* ~ Meister Eckhart

## **Check-in**

*Share briefly what's been on your mind lately or your highs and lows since we last met.*

## Reading

### Basic Principles from The Artists' Way by Julia Cameron

1. Creativity is the natural order of life. Life is energy: pure creative energy.
2. There is an underlying, in-dwelling creative force infusing all of life—including ourselves.
3. When we open ourselves to our creativity, we open ourselves to the creator's creativity within us and our lives.
4. We are, ourselves, creations. And we, in turn, are meant to continue creativity by being creative ourselves.
5. Creativity is God's gift to us. Using our creativity is our gift back to God.
6. The refusal to be creative is self-will and is counter to our true nature.
7. When we open ourselves to exploring our creativity, we open ourselves to God: good orderly direction.
8. As we open our creative channel to the creator, many gentle but powerful changes are to be expected.
9. It is safe to open ourselves up to greater and greater creativity.
10. Our creative dreams and yearnings come from a divine source. As we move toward our dreams, we move toward our divinity.

Michelangelo is said to have remarked that he released David from the marble block he found him in. "The painting has a life of its own. I try to let it through," said Jackson Pollock. When I teach screenwriting, I remind my students that their movie already exists in its entirety. Their job is to listen for it, watch it in their mind's eye, and write it down. ~ Julia Cameron

## Spiritual Exercises

1) Take yourself on an artist date by yourself. Go do something which will fill you with beauty or wonder. This will fill your well with inspiration and joy. It would be tremendous if you got into the habit of doing this weekly, but for now do it once. Go to a museum, a garden, or a movie. Or another sample date could be go to a dollar store. Buy silly things like gold stick-'em stars, sparkly sequins, glue, crayons. Make some art.

2) Morning Pages: Every morning for a week take 15 minutes to write two pages of longhand, stream of consciousness morning writing. Don't reread these pages. Put them in an envelope. Let the outflow change you.

3) List twenty things you enjoy doing (rock-climbing, roller-skating, baking pies, making soup, making love, riding a bike, riding a horse, paying catch, reading poetry and so forth). When was the last time you did these things? Next to each entry place a date.

From the above list pick two things that you realize you have avoided for some time and do them. These goals can be small: take 30 pictures and print them out or print 30 of your favorites to enjoy and share. Do not look for big blocks of time to do your activity. Find small bit of time instead.

## **Sitting in Silence**

*Take a few moments to sit quietly and reflect upon your thoughts*

## **Questions for Contemplation**

- What activities fill your well with joy, awe or peace?
- What are small ways in your daily living that you are creative?
- What are some of your feelings or thoughts that tend to block you from engaging in creativity?
- What are some of your experiences of greatest satisfaction in expressing your creativity?

## **Sharing/Deep Listening**

*Respond with your thoughts/experiences with the Spiritual Exercises.*

## **Reflection**

*This is a time to respond briefly to something another person said or to relate additional thoughts that may have occurred as others shared.*

## **Singing** #21, Singing the Living Tradition, For the Beauty of the Earth (verses 1 and 2)

For the beauty of the earth, for the splendor of the skies,  
for the love which from our birth over and around us lies,  
source of all to thee we raise , this our hymn of grateful praise.

For the joy of ear and eye, for the heart and mind's delight,  
for the mystic harmony linking sense to sound and sight,  
source of all to thee we raise , this our hymn of grateful praise.

## **Closing Words**

There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost. ~ Martha Graham