

Fears

Unitarian Universalist Fellowship of Stony Brook, NY, January 2014

Rev. Margie Allen and Rev. Dr. Linda Anderson

Opening Words: Our Deepest Fear (Marianne Williamson)

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.

We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you *not* to be?
You are a child of God.

Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.

We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.

It's not just in some of us;
It's in everyone.

And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.

Chalice Lighting and Silence

[Covenant Review]

Check-in: Open check-in or optional topic: tell us a story from your holiday experiences (merry or not-so-merry)

Some Common Phobias

Definition of phobia: a type of anxiety disorder, which involves a persistent and often disabling specific fear of an object or situation.

1. Ophidiophobia - fear of snakes
2. Glossophobia – fear of public speaking
3. Agoraphobia – fear of public spaces (and social situations, also travel)

4. Acrophobia – fear of heights
5. Claustrophobia - fear of being in a confined space
6. Arachnophobia - fear of spiders
7. Musophobia - fear of mice
8. Aerophobia - fear of flying
9. Cynophobia - fear of dogs
10. Aquaphobia – fear of water/drowning
11. Traumatophobia – fear of injury, blood, injections, medical procedures
12. Coulrophobia – fear of clowns
13. Astraphobia or Brontophobia - fear of thunder or lightning
14. Nyctophobia – fear of darkness

Quotations

Questions for Group Reflection

1. What were you most afraid of when you were a young child? How did the adults around you help you cope (or not)? How do you or have you helped children you have cared for face and overcome their fears?
2. Do you have (or have you had) any phobias? If you are/have been close to someone who suffers/ed from a phobia, how are/were you able to help or cope with the limitations the phobia impose/d on your lives?
3. What fears of your mature adulthood have seemed to limit you in your life the most, if any?
4. What happens in your body when you are afraid?
5. Tell us a story about how you overcame a fear that was getting in your way.
6. Tell us a story about a time when fear saved you from a dangerous situation.
7. Discuss quotation # 2. How does this formula show up in your life? In American life?
8. Would you like to comment on where our Opening Words took you as they were being read? Do you agree that our greatest fear is that we are powerful beyond measure? Does this apply to humankind as well as individual human beings?

Likes and Wishes (Likes: celebrations, gratitudes, appreciations for needs met; and Wishes: mournings, requests, acknowledgements of needs not met)

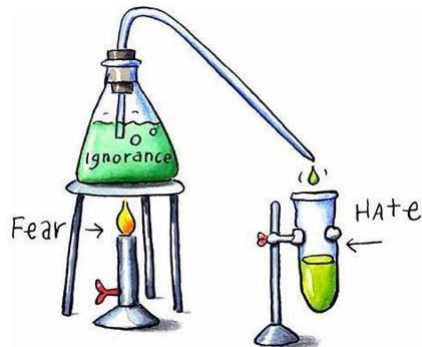
Closing Words and Chalice Extinguishing: Dawna Markova

I will not die an unlived life.
I will not live in fear of falling or catching fire.

I choose to inhabit my days,
to allow my living to open me,
to make me less afraid, more accessible,
to loosen my heart
until it becomes a wing, a torch, a promise.
I choose to risk my significance;
to live so that which comes to me as seed
goes to the next as blossom
and that which comes to me as blossom,
goes on as fruit.

1. Fear defeats more people than any other one thing in the world. ~Ralph Waldo Emerson

2.



3. Fear is excitement without the breath. ~Fritz Perls, M.D.
4. Breathing Out -
Touching the Root of Heaven,
One's heart opens;
The Dragon slips into the water..
Breathing In -
Standing on the Root of Earth,
One's heart is still and deep;
The Tiger's claw cannot be moved.
 1. ~Taoist meditation
5. When I dare to be powerful—to use my strength in the service of my vision, then it becomes less and less important whether I am afraid. ~ Audre Lorde
6. The only thing we have to fear is fear itself. ~Franklin Delano Roosevelt
7. Men fear death as children fear to go in the dark. ~Francis Bacon
8. All of us are born with a set of instinctive fears--of falling, of the dark, of lobsters, of falling on lobsters in the dark, or speaking before a Rotary Club, and of the words "Some Assembly Required." ~Dave Barry
9. Am I afraid of high notes? Of course I am afraid. What sane man is not?
~Luciano Pavarotti
10. Fear makes the wolf bigger than he is. ~German Proverb
11. What we fear comes to pass more speedily than what we hope. ~ Publilius Syrus
12. Courage is not the lack of fear but the willingness to face it.
13. Fear is static that prevents me from hearing myself. ~Samuel Butler

14. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff— they comfort me. ~Psalm 23:4
15. You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do. ~ Eleanor Roosevelt
16. Fear is the main source of superstition, and one of the main sources of cruelty. To conquer fear is the beginning of wisdom. ~Bertrand Russell
17. No passion so effectually robs the mind of all its powers of acting and reasoning as fear. ~Edmund Burke
18. Courage is fear that has said its prayers. ~ Dorothy Bernard
19. Fear sometimes stops you from doing stupid things. But it can also stop you from doing creative or exciting or experimental things. It can cloud your judgment of others, and lead to all kinds of evil. The control and understanding of our personal fears is one of the most important undertakings in our life. ~Helen Mirren
20. I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear. ~Rosa Parks
21. There are times when fear is good. It must keep its watchful place at the heart's controls. ~Aeschylus
22. There is no hope unmingled with fear, and no fear unmingled with hope. ~Baruch Spinoza

23. **F**alse
Evidence
Appearing
Read