

The Joy of Being Alive

First Unitarian Church of Wilmington, Delaware, by Rev. Michelle Collins, 2013

Chalice Lighting, unknown author

I praise the blue sky.

I praise the sun that is in you.

I praise the bright moon.

I praise the shining stars in you.

Check In

Reading: from *The Power of Myth*, by Joseph Campbell

People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonance within our own innermost being and reality, so that we actually feel the rapture of being alive.

Discussion & Sharing Questions:

- What brings you the greatest joy, what one might call moments of concentrated joy?
- Share about a moment when you felt the most alive. Where were you, what were you doing, who was there with you? What do you think it was about those moments that made them feel that way?
- When do you feel most alive, or feel the most yourself? And, on the converse, when do you feel least alive and least yourself?
- What do these experiences say about yourself and your own innermost being and reality?

Closing Thoughts

Extinguishing the Chalice