

"LESSONS FROM ADVERSITY"

First Universalist Church, UU, Auburn ME, Rev. Glenn H. Turner, December 3, 2018

OPENING WORDS & CHALICE LIGHTING:

my what a dramatic life i have lived
one moment up the next
moment down again
but always gay archy always gay
and always the lady too
in spite of hell
well boss it will
be interesting to note
just how mehitabel
works out her present problem
from the life and times of archy and mehitabel - don marquis

"You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages." Michelle Obama

MOMENTS OF SILENT REFLECTION

CHECK IN: (40 - 50 minutes) What you share may be about your physical or spiritual health, cares or concerns for loved ones, or issues you are facing.

FOCUS: "LESSONS FROM ADVERSITY"

Usually the theme for Thanksgiving is "Gratitude" ... being thankful for the gifts of life which have graced our year. We often associate the Pilgrims with Thanksgiving - their celebration of gratitude for survival. Given their trials and their losses, they are the epitome of "Adversity." Untutored, ill-prepared, quarrelsome, and contentious, they landed in a bleak time of year having lost many on the journey and more who could not survive the winter. Their sad lament was "we were all to lerne and none to teach." The survivors endured, learned, and grew stronger. The fact is that we are all to learn and adversity is, perhaps, our most challenging teacher.

DISCUSSION

1. Perhaps we should begin by defining adversity. What are the circumstances we face in life that we would call adversity?
2. What are the lessons you have learned through adversity?
3. How have or do you cope with loss? Sickness? Defeat? Disappointment?
4. When you deal with adversity, what's the wind in your sails? (What do you trust or rely on to pull you through?)

LIKES AND WISHES

CLOSING WORDS "And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about." — haruki murakami