

Living Deliberately

Unitarian Universalist Fellowship of Raleigh, NC. Chris Abbate, May 18, 2015 –

Chalice Lighting & Opening Thought:

May my feet rest firmly on the ground

May my head touch the sky

May I see clearly

May I have the capacity to listen

May I be free to touch

May my words be true

May my heart and mind be open

May my hands be empty to fill the need

May my arms be open to others

May my gifts be revealed to me

So I may return that which has been given

Completing the great circle.

-- The Terma Collective (teachings that represent a tradition of continuous revelation in Tibetan Buddhism)

Check-in: Name something that has brought you a sense of joy either recently or in the more distant past.

Topic: Living Deliberately (from Henry David Thoreau's *Walden*)

Why should we live in such a hurry and waste life? We're determined to be starved before we are hungry.

Our life is frittered away by detail. An honest man has hardly need to count more than his ten fingers, or in extreme cases he may add his ten toes, and lump the rest.

Simplicity, simplicity, simplicity! I say, let your affairs be as two or three, and not a hundred or a thousand; instead of a million count half a dozen, and keep your accounts on your thumb-nail.

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.

I do not wish to live what is not life, living is so dear; nor did I wish to practice resignation, unless it was quite necessary.

I wanted to live deep and suck out all the marrow of life ... to cut a broad swath and shave close, to drive life into a corner, and reduce it to its lowest terms, and, if it proved to be mean, then to get the whole and genuine meanness of it, and publish its meanness to the world.

Discussion Questions:

- What does it mean to live deliberately?
- In what ways do you feel you live deliberately?
- Are there any changes you feel you need to make in your own life to live more deliberately?
- What challenges does our culture pose to living deliberately?
- Do we need to reevaluate our priorities, either personally or culturally, to live more deliberately?

Closing Thought:

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

-- Steve Jobs