

## **Meeting Them Laughing – on Resilience**

*First Unitarian Church of Wilmington, Delaware, by Rev. Michelle Collins, 2012*

### **Chalice Lighting, by Rumi**

Come, come whoever you are.

Wanderer, worshipper, lover of leaving, it doesn't matter.

Ours is not a caravan of despair.

Come, even if you have broken your vow a hundred times.

Come, yet again come.

### **Check In**

### **Reading: "The Guest House," by Rumi**

This being human is a guest house. Every morning a new arrival. A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all! Even if they're a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably. He may be clearing you out for some new delight. The dark thought, the shame, the malice, meet them at the door laughing, and invite them in. Be grateful for whoever comes, because each has been sent as a guide from beyond.

### **Discussion & Sharing Questions:**

- What major "arrivals" have you had in your life lately? Were they expected or unexpected?
- How does it feel to think of these arrivals as "guests"?
- Crowds of sorrows, whether expected or unexpected, are usually the unwelcome ones.
  - Is it possible to greet them with welcoming and acceptance?
  - Would this be a change for you?
  - How possible is it for you to linger with positive aspects inherent in a sorrow?
- Rumi bids us to meet all of these guests at the door of our lives with laughter.
  - What would it take to meet each new "arrival" with laughter?
  - What does this even mean?
  - Is this what it means to be resilient? What else might resiliency mean?

### **Closing Thoughts**

### **Extinguishing the Chalice**