

Unitarian Universalist Small Group Ministry Network Website
Quarantine/Coronavirus/Isolation
Cascade Unitarian Universalist Fellowship, East Wenatchee, WA
Rachel Courtney, Thursday, March 19, 2020

Introduction

May we know once again that we are not isolated beings, but connected, in mystery and miracle, to the universe, to this community and to each other.

Meditation

In preparation for our conversation, let's take a few moments to center ourselves and be thankful for this time we have together in community.

Please get comfortable, place both feet solidly on the floor, rest your hands on your thighs and let your shoulders drop. Gently close your eyes or focus on a spot a few feet in front of you on the floor. Bring your attention to the flow of your breath.

Breathing in I calm my body.

Breathing out I smile.

Dwelling in this present moment, I know this is a wonderful moment.

Our life's path is not one we travel alone. We are in it together, and the company of spiritual friends helps us feel our interconnectedness.

Slowly open your eyes.

Check-In

Check-in is a time to deepen our connections with each other by sharing joys, sorrows, challenges, and changes in our lives. Sharing is not required. Only share if you are comfortable. What is shared in group is confidential.

We will be focusing on the quarantine, so I don't want to limit your check-in, just know there will be opportunity to discuss things surrounding that in the question portion.

Readings

"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

"Home is a shelter from storms-all sorts of storms."

- William J. Bennett

Questions

1. Who are you checking in on or connecting with?
2. How are you getting outside or moving your body?
3. What expectations of normal are you letting go of?
4. What beauty are you creating, cultivating or inviting in today?

5. What are you grateful for in this time?
6. What good are you seeing in the world?
7. What are the plans you are excited for during this time?
8. What are you sad about missing?
9. How are you living simply during this time?
10. How are you doing emotionally?

Closing Words

When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back.

– Paulo Coelho (The Devil and Miss Prym)

In [winter], we cannot see sunflowers in France, so we might say the sunflowers do not exist. But the local farmers have already planted thousands of seeds, and when they look at the bare hills, they may be able to see the sunflowers already. The sunflowers are there. They lack only the conditions of sun, heat, rain and July. Just because we cannot see them does not mean that they do not exist.

– Thich Nhat Hanh

Likes and Wishes

Extinguish the Flame