

Unitarian Universalist Small Group Ministry Network Website  
Chalice Circle Session - **SIMPLICITY**  
Unitarian Universalist Fellowship of Newark. DE. Rev. Andrew Weber, January 2015

**Chalice Lighting**

There is really nothing you must be.  
And there is nothing you must do.  
There is really nothing you must have.  
And there is nothing you must know.  
There is really nothing you must become.  
However. It helps to understand  
that fire burns, and when it rains,  
the earth gets wet...

- Manabu Foljamakis, in Robert Fulghum's "Words I Wish I Wrote"

**Check-In:** What's going on in your life? How have you experienced simplicity (or not) this week?

**Readings:**

Days pass and the years vanish, and we walk sightless among miracles.  
- Chaim Stern

Simplicity does not mean getting rid of all your possessions, but rather integrating them into your life's purpose.

- Mary Gregory, "Plain Living: a Quaker Path to Simplicity"

We cannot do everything and there is a sense of liberation in that. This allows us to do something, and do it very well. It may be incomplete, but it is a beginning, a step along the way.

- Bishop Ken Untener, "A Future Not Our Own"

It has always seemed obvious to me that the faster I move, the more things I can do and the more fun and meaning my life will have. But it has gotten to the point where my days, crammed with all sorts of activities, feel like an Olympic endurance event: the everydayathon.

- Jay Wallijasper, Utne Magazine

**Questions:**

1. What spoke to you (or didn't speak to you) from the readings?
2. If you have done the spiritual practice, how did it go for you?
3. What does simplicity in living look like for you?
4. What is the opposite of simplicity? How have you experienced that in your life?
5. What would you like to say "no" to in your life? What stops you?
6. Are you motivated to seek simplicity? Why (or why not)?

**Check-Out:** One sentence on "likes and wishes" from the session.

**Closing:**

Life is so difficult. We should all move a little slowly.

-

Thich

Nhat

Hahn

Unitarian Universalist Fellowship of Newark  
Spiritual Practice - **SIMPLICITY**  
January 2015

Coming after December and that month's rush and consumption it may be hard to enter into a mindset of simplicity. But times of over-action and complexity are the exact moments to be reminded about simplicity. Our worship services and our Chalice Circle program will provide many opportunities for us to engage in the idea of simplicity in our lives.

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- Mary Gregory, in "Plain Living: a Quaker Path to Simplicity"

January's spiritual practice is to take a sabbath. A sabbath is a day without anything that feels like "work". This can be difficult, so you are encouraged to start with what you are able to do. Maybe try out a couple hours in one day. If you are able, take an entire day. If possible, take two days during the month. Here are some further thoughts on taking a "Modern Day Sabbath": <http://tinyurl.com/simplicity2015>