

Unitarian Universalist Small Group Ministry Network Website
“Striking A Balance”
Covenant Group Curriculum, River of Grass Unitarian Universalist
Congregation, Davie, FL

Opening Meditation/Music/Silence/Chalice Lighting (whichever one(s) you choose to do)

Opening Words:

“If I am not for myself, who will be for me? If I am only for myself, what am I? And if not now, when?”

- *Hillel*

Check-in/Sharing

Topic/Reading:

“Work- life balance is, by now, a very familiar term. However, it does imply that work is somehow a separate entity to life rather than an integral part. It also suggests that there are only two aspects to our lives rather many different elements. Thinking in terms of whole life balance enables us to consider the interrelation between all aspects.

It also mustn't be assumed that achieving life balance necessarily means cutting down on work hours or taking less challenging work. For me, it is more to do with finding equilibrium between energy enhancing activities and energy draining activities.

EXERCISE - List all the aspects that make up your life. These could include family and friends, partner, health, environment, career, money, spirituality, and recreation. Now go down your list and note which ones energize you and which ones drain you.

Think of your life as a cup to be kept full of energy. How are you going to ensure that your cup is regularly topped up and doesn't run dry?”

- *Julie Kay*

Questions for consideration:

- How do the members of the group seek balance between the various parts of their life?
- What causes imbalance in folks' lives?
- What helps you remember to live in balance?

Likes and Wishes/Feedback

Closing Words:

“Live a balanced life--learn some and think some and draw and paint and sing and dance and play and work every day some.”

- *Robert Fulghum*

Amen. May you live in blessing.