

Chalice Lighting

Opening Words

A house is just a pile of stuff with a cover on it. You can see that when you're taking off in an airplane. You look down; you see everybody's got a little pile of stuff - all the little piles of stuff. And when you leave your house, you gotta lock it up. Wouldn't want somebody to come by and take some of your stuff. They always take the good stuff. They never bother with that crap you're saving. Ain't nobody interested in your 4th grade arithmetic papers. They're looking for the good stuff. That's what your house is, a place to keep your stuff while you go out and get more stuff! George Carlin – Stuff

Let us take a moment to gather our thoughts, to settle our minds, to meditate to pray, to follow our breath. Let us pause...

As we continue, let us remember the importance of attentive listening without interruption. Listening is a way to show respect, regard and love.

Check-in/Sharing

Topic/Activity: In his book, A New Earth, Eckhart Tolle shares this story:

She was a schoolteacher in her mid-forties and had been given no more than a few months to live by her doctors. Sometimes a few words were spoken during those visits, but mostly we would sit together in silence, and as we did, she had her first glimpses of the stillness within herself.

One day, I arrived to find her in a state of great distress and anger. Her diamond ring, of great monetary as well as sentimental value, had disappeared, and she said she was sure it had been stolen by the woman who came to look after her for a few hours every day.

I asked her to find out how important a ring or anything else was at this point in her life. “You don't understand,” she said. “This was my grandmother's ring. I wore it every day until I got ill and my hands became too swollen. It's more than just a ring to me. How can I not be upset?”

- Describe something you lost that had great personal value. What made it important to you?
- How long did it take for you to let go? If you have not let go, how much longer do you feel it might take to do so?
- Did you or will you become less when you let go?
- Has who you are been diminished by the loss?

When she started speaking again, there was a smile on her face, and she seemed at peace. “The last question made me realize something important. First I went to my mind for an answer and my mind said, ‘yes, of course you have been diminished.’ Then I asked myself the question again. This time I tried to feel rather than think the answer. Suddenly I could feel my I am-ness. If I can feel the I Am so strongly, then who I am hasn't been diminished at all.” [If time permits, you may ask members to comment on her answer]

Likes and Wishes

Closing Words

Is it wrong then to be proud of one's possessions or to feel resentful toward people who have more than you? Not at all. That sense of pride, of needing to stand out, the apparent enhancement of one's self through “more than” and diminishment through “less than” is neither right nor wrong - it is the ego. The ego isn't wrong: it's just unconscious.

Eckhart Tolle – A New Earth