

"THINGS WE DON'T WANT TO DO"

First Universalist Church, Unitarian Universalist, Auburn, ME, Rev. Glenn Turner (Aug. 2018)

OPENING WORDS & CHALICE LIGHTING:

“Discomfort may be a doorway; don’t run from it.”

— Joseph Deitch, *Elevate: An Essential Guide to Life*

MOMENTS OF SILENT REFLECTION

CHECK IN: (40 - 50 minutes)

What you share may be about your physical or spiritual health, cares or concerns for loved ones, or issues you are facing.

Each person in the group speaks uninterrupted, for five minutes each, if there is time remaining, additional sharing and responses are welcome.

FOCUS: “THINGS WE DON’T WANT TO DO”

READING:

Most of us have had the experience of tackling some dreaded task only to come out the other side feeling invigorated, filled with a new sense of confidence and strength. The funny thing is, most of the time when we do them, we come out on the other side changed and often wondering what we were so worried about or why it took us so long. We may even begin to look for other tasks we've been avoiding so that we can feel that same heady mix of excitement and completion.

Whether we avoid something because it scares us or bores us, or because we think it will force a change we're not ready for, putting it off only creates obstacles for us. On the other hand, facing the task at hand, no matter how onerous, creates flow in our lives and allows us to grow. The relief is palpable when we stand on the other side knowing that we did something even though it was hard or we didn't want to do it. On the other hand, when we cling to our comfort zone, never addressing the things we don't want to face, we cut ourselves off from flow and growth.

We all have at least one thing in our life that never seems to get done. Bringing that task to the top of the list and promising ourselves that we will do it as soon as possible is an act that could liberate a tremendous amount of energy in our lives. Whatever it is, we can allow ourselves to be fueled by the promise of the feelings of exhilaration and confidence that will be the natural result of doing it.

— Madisyn Taylor

DISCUSSION:

1. What were some of the tasks you’ve faced and wanted to avoid?
2. How did facing them make you feel?
3. Have you found yourself enjoying what you once tried to avoid?
4. Do you cling to your “comfort” zone, or push your limits?

5. Do you leave the difficult things you have to do until last? Or, do you deal with them and stop worrying?

LIKES AND WISHES

CLOSING WORDS

“The key to life is accepting challenges. Once someone stops doing this, he's dead.”

— Bette Davis