

## "Trust"

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### **\*Chalice Lighting\***

“There is a light that shines beyond all things on earth, beyond the highest, the very highest heavens. It is the light that shines within our hearts” - the *Bagavad Gita*

**\*Brief Check-in\***: How is it with your spirit today/tonight?

### **\*Introduction to the topic and readings\***

A dictionary definition of trust: "Confidence, a reliance or resting of the mind on the integrity, voracity, justice, friendship, or other sound principles of a person or thing"\*

To place trust in something or someone often involves letting go of the past. We learn to distrust based on very real past experiences. The problem is we then apply those lessons to new situations which may or may not be worthy of our trust.

The poet Hafiz writes:

What  
Do sad people have in  
Common?

It seems  
They have all built a shrine  
To the past

And often go there  
And do a strange wail and  
Worship.

What is the beginning of  
Happiness?  
It is to stop being  
So religious  
Like  
That.

Fear limits us. Trust allows us to go forward into new territory. The theologian Gordon Kauffman says (and I paraphrase): “If we could not trust anything, or anyone, we would not be able to get out of bed in the morning. We would be afraid that ground would not be there beneath our feet. “

**\*Question\*** – (if this question helps you to launch the contents of your mind and heart, use it, otherwise listen for your own questions related to the word "trust")

Most people visit "the shrine" Hafiz is talking about, at least once a day, most of us a lot more. In your life, during the times when you decide to “ stop” being "that kind of religious", and to step out, in what or whom are you placing your trust?

**\*Sharing\*** – No cross talk (trying to fix, correct or re-educate someone else) or interruptions. Try to listen to each other as if you were listening to, or watching your own thoughts. Let others'

words fall down into your heart. When it is your turn to speak it is not necessary to respond to the persons who have gone before you. Find out what your own inner wisdom wants to say. Together we create a quilt of wisdom, the design is a surprise.

\*Likes and wishes\*: What did you like about this session, what are your wishes for future sessions?

\*Closing words – \*

And God saw everything that s/he had made, and behold, it was very good.

– Genesis 1:31