

**Vulnerability**

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“Vulnerability is not a weakness, a passing indisposition, or something we can arrange to do without, vulnerability is not a choice, vulnerability is the underlying, ever present and abiding undercurrent of our natural state. To run from vulnerability is to run from the essence of our nature, the attempt to be invulnerable is the vain attempt to become something we are not and most especially, to close off our understanding of the grief of others. More seriously, in refusing our vulnerability we refuse the help needed at every turn of our existence and immobilize the essential, tidal and conversational foundations of our identity.

**-David Whyte - Vulnerability**

**Chalice lighting**

*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**

**Theme Presentation:**

To have a temporary, isolated sense of power over all events and circumstances, is a lovely illusionary privilege and perhaps the prime and most beautifully constructed conceit of being human and especially of being youthfully human, but it is a privilege that must be surrendered with that same youth, with ill health, with accident, with the loss of loved ones who do not share our untouchable powers; powers eventually and most emphatically given up, as we approach our last breath.

**-David Whyte - Vulnerability**

**Questions**

- How do you feel about being vulnerable enough to ask for help?
- When have you surprised by your powerlessness?
- Tell us about a time when being vulnerable gave you strength or turned out to be a gift.
- What emotions come up for you when someone else is vulnerable?
- Have you ever wished you had handled a situation differently where you or another person was vulnerable?

**Likes and Wishes**

**Administrivia**

**Closing**

The only choice we have as we mature is how we inhabit our vulnerability, how we become larger and more courageous and more compassionate through our intimacy with disappearance, our choice is to inhabit vulnerability as generous citizens of loss, robustly and fully, or conversely, as misers and complainers, reluctant and fearful, always at the gates of existence, but never bravely and completely attempting to enter, never wanting to risk ourselves, never walking fully through the door.”

**-David Whyte – Vulnerability**