Living with Uncertainty

Chalice Lighting

We gather this hour as people of faith
With joys and sorrows, gifts and needs.
We light this beacon of hope,
Sign of our quest
For truth and meaning,
In celebration of the life we share together.

--*Hymnal #448, by Rev. Christine Robinson*

Check-in

*How is it with your spirit? What have been the high points and low points in your life since we last met?*

Reading

Living On Paradox Drive
by the Rev. Richard S. Gilbert

Life is a controlled fall.
As we take each step,
We throw ourselves out of balance.
I don't recall the author; it does not matter;
It is the truth of the words that counts.
We all yearn for stability,
For equilibrium,
But they are elusive.
We work ourselves up into anxiety
Or down into depression,
Longing for the time when all will be on an even keel.
I do it too:
If only I can manage these next faltering steps, all will be well.
And, happily, there are moments of blessed calm,
Of centering.
But they are merely a pause in the ongoingness of living.
Life throws us off balance once again,
And we thrust one foot forward seeking to regain it.
The process repeats itself for--
A lifetime.
Yet strangely,

It does seem infinitely better than standing still.
Sharing/Deep Listening
*During this sharing, we will listen deeply without response or thought of response, as a gift to each other and ourselves.*

1. How is uncertainty affecting your life right now? Is there a particular situation in which you're waiting for an answer?

2. How do you cope with the uncertainty and ambiguity in your life?

3. Has your attitude toward uncertainty changed during your lifetime? What has influenced the change?

Sharing Together
*This is a time to respond briefly to something another person said or to relate additional thoughts that may have occurred as others shared.*

Closing Reading/Extinguishing the Chalice

Go your ways,
Knowing not the answers to all things,
yet seeking always the answer
to one more thing than you know.
*-- Hymnal #687 by John W. Brigham*

-- from Unitarian Universalist Small Group Ministry Network Website
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