



CONTENTMENT

Covenant Group Session

Greenville Unitarian Universalist Fellowship, Greenville, South Carolina

Revised by Annette Garver for 3/22/21 session

Opening Words & Chalice Lighting:

Let this flame symbolize the divine spark of light embedded in all living beings.

May its flame lead to greater knowledge and tolerance.

May its warmth lead us to deeper love and compassion.

And may its light lead us toward greater wisdom and understanding.

(Based on words by Lene Lund Shoemaker from the Danish Unitarian Church.)

Personal Check In: Share something from your life since we last met and how you are feeling now.

Questions for sharing and discussion:

1. What does the word contentment mean to you?
2. What is something you need every day?
3. How do you feed contentment in your daily life?
4. How has the pandemic affected contentment in your life, and how have you dealt with it?
5. What is the opposite of contentment?

Readings from the Common Bowl- see below

Breathing together in silence for two minutes. (Reflect on questions and readings)

Sharing

No cross talk. For sharing, each person picks a question or two and talks for a few minutes. They speak without interruption. There is to be no cross talk at this time. No “this reminds me....” No advice, no helpful suggestions. Just listen attentively, practice deep listening.

Break

Discussion

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

Closing Words

“At some point, you gotta let go, and sit still, and allow contentment to come to you.” – Elizabeth Gilbert

Announcements

Check out: As we close this session, how are you feeling now?

Extinguish the Chalice

We extinguish this flame but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again.

Readings from the Common Bowl

Poor and content is rich, and rich enough. ~William Shakespeare

Earth provides enough to satisfy every man's need, but not every man's greed. ~Mahatma Gandhi

Learn to be pleased with everything; with wealth, so far as it makes us beneficial to others; with poverty, for not having much to care for, and with obscurity, for being unenvied. ~Plutarch

You wander from room to room hunting for the diamond necklace that is already around your neck!
~Rumi, 13th century Sufi mystic and poet

The ability to simplify means to eliminate the unnecessary so that the necessary may speak.
~Hans Hofmann

Simplicity is the ultimate sophistication. ~Leonardo da Vinci

If one's life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, feeling satisfied with what you have, is very vital: satisfaction with just enough food, clothing, and shelter to protect yourself from the elements. ~The Dalai Lama

If you want to become full, let yourself be empty. Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you. Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment. ~Grenville Kleiser

You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level. ~Thomas Merton, American Trappist monk and Catholic theologian

Hygge (pronounced "hyoo-guh") is a Danish word all about enjoying the simple things in life, (not chasing after thrills. Beauchamp says it requires "the ability to not just be present – but recognize and enjoy the present." Sipping your morning coffee in your bathrobe while sitting by an open window – or better still, out on the porch – listening to the birds sing is hygge. Dashing into Starbucks for a to-go cup on your way to work, while simultaneously listening to music and checking Facebook on your phone, is not.

The more you praise and celebrate your life, the more there is in life to celebrate.
~Oprah Winfrey, American talk show host and actress.

Enough is as good as a feast. ~Mary Poppins