



## Lessons Learned from the Covid Pandemic

### Covenant Circle Session

#### Greenville Unitarian Universalist Fellowship, Greenville, South Carolina

Written by Denise Frick, March 2021. Revised from Life Lessons session by Kathryn Warrior, Unitarian Universalist Community Church of Washington County. Hillsboro, OR. 2018

**Welcome, Chalice Lighting:** : Here we are, together in this space. By our love and by our covenant, we make this a holy place. We light the chalice of Unitarian Universalism in honor of the light that lives in each of us, the light that shines among us, and the light we bring into the world.

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

#### Opening Reading:

Instructions for living a life.

Pay attention.

Be astonished.

Tell about it.

~Mary Oliver

#### Questions to prompt and guide discussion:

1. What are some of the most important lessons you have learned over the course of the pandemic?
2. Were there turning points in the pandemic — key events or experiences — where things changed course for you and sent you in a different direction?
3. What have you learned from the important choices or decisions you made during the pandemic?
4. What do you think you know now about living a happy and successful life that you didn't know before the pandemic?

#### A time of silence, to ponder the readings and the questions.

#### Sharing

This is a time to speak without interruption and for deep listening. Deep Listening means no interrupting, no fixing, no saving, no advising, and no setting each other straight. Please share one or more of your responses to the session questions.

#### Break

#### Discussion

This is a time to respond to something another person said about the topic or to relate additional thoughts that may have occurred as others shared. Continue to practice deep listening.

**Check out:** As we close today, what do you want to be a part of your story this week?

#### Closing Reading:

Take Courage friends. The way is often hard, the path is never clear,

And the stakes are high. Take courage. For deep down there is another truth. You are not alone

~Wayne B. Arnason

#### Announcements/Plans

**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

Life is a succession of lessons which must be lived to be understood. ~Helen Keller

Everyone gets the experience, some get the lesson. ~T.S. Eliott

Do not think that the knowledge you presently possess is changeless, absolute truth. Avoid being narrow-minded and bound to present views. Learn and practice non-attachment from views in order to be open to receive others' viewpoints. Truth is found in life and not merely in conceptual knowledge. Be ready to learn throughout your entire life and observe reality in yourself and in the world at all times.

~Thich Nhat Hanh

Benediction for a People in Pandemic

When faced with a challenge such as this,  
We can turn toward one another  
Or we can turn against.

We can ignore the cries of our neighbors,  
Or we can let them cry into the arms of our witness,  
We can respond with indifference to systemic injustice  
Or we can commit to its undoing.

Good souls, tales will be told of how we responded,  
When this particular hell was visited upon our earth.  
Let us know, and let it be said by generations to come  
that when the pain of our separation was revealed,  
We moved closer to the promised land of our beloved community.  
Amen.

~Rev. Anya Sammler-Michael

Nothing in life is to be feared; it is only to be understood. Now is the time to understand more, so that we may fear less. ~Marie Curie

**Lessons from Ocean Currents**- meditation from Morgan Harper Nichols –at this link:

<https://podcasts.google.com/feed/aHR0cHM6Ly9mZWVkcyc5iYXB0aXZhdGUuZm0vbW9yZ2FuaGFycGVybmljaG9scy8/episode/ZTcwMTYyYzEtYzRiOC00NDdiLWlzYWVlOTlyMzI2MDJlMGU5?sa=X&ved=0CA0QkfYCahcKEwj4ptWho8rvAhUAAAAAHQAAAAAQAAQ>