



WHAT IS ENOUGH?

Covenant Group Session

Greenville Unitarian Universalist Fellowship, Greenville, South Carolina

Revised by Linda Mattern, September 2020

Welcome, Chalice Lighting: *In this place together, we light this candle in honor of the light within each of us, the light among us, and the light we bring into the world.*

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

Opening Reading

To simplify means to eliminate the unnecessary so that the necessary may speak.

~Hans Hofmann

Questions to prompt and guide discussion:

1. What things, beyond necessities, do you find essential to your life or happiness?
2. What kinds of things are difficult for you to let go of? How do you feel when confronted with the need to let go?
3. What do you think about your “stuff?” What does your stuff say about you?
4. How have your changing circumstances changed how much is “enough”?
5. Tell about a time in your life when you felt you didn't do enough, or couldn't measure up to what was required of you? When you felt like you weren't enough?

Sitting in Silence: Reflect on questions just read and prepare to hear readings.

Readings from the Common Bowl (See quotes / readings at end of this session)

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.

Open 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.

Closing reading:

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.

In the pursuit of knowledge, every day something is added.

In the practice of the Tao, every day something is dropped.

~Lao Tzu, *Tao Te Ching*

Announcements/Plans

Personal Check Out: As we close today, how are you feeling now?

Extinguish the Chalice

READINGS

Definition of enough: Adjective-Sufficient to satisfy need or desire. Adverb-1. To a satisfactory degree
2.Tolerably (eg. Felt well enough) ~Webster's Dictionary

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

Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go. ~Mother Teresa

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never ever have enough. ~Oprah Winfrey

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

Each moment in time, we have it all, even when we think we don't. ~Melody Beattie

Our life is frittered away by detail... simplify, simplify. ~Henry David Thoreau

Reduce the complexity of life by eliminating the needless wants of life, and the labors of life reduce themselves. ~Edwin Way Teale

Simplicity of living, if deliberately chosen, implies a compassionate approach to life. It means that we are choosing to live our daily lives with some degree of conscious appreciation of the condition of the rest of the world. ~Duane Elgin

As any half-awake materialist well knows – that which you hold holds you. ~Tom Robbins

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

We go on multiplying our conveniences only to multiply our cares. We increase our possessions only to the enlargement of our worries.

~Anna C. Brackett

Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor.

~James A. Baldwin

I have a notion that if you are going to be spiritually curious, you better not get cluttered up with too many material things.

~Mary Oliver

Stop! Relax....You are enough, You do enough, you have enough.

~Sark (Susan Ariel Rainbow Kennedy), *Succulent Wild Woman*

A waitress gets overwhelmed if she has too many tables, and no one gets good service. In my life there are a certain number of things I have to take care of: I have my children, my relationships, my work, myself, and that's about it. Other things are not my table.....If I went through life without ever learning to say ,“Sorry,

that's not my table, Hon", I would burn out and be no good to anybody. It is necessary to my well-being to have a surly New Jersey waitress inside that I can call on when it seems everyone in the world is waiving an empty coffee cup in my direction. My Inner Waitress looks over at them, keeping her six plates balanced and her feet moving, and says, "Sorry, Hon, not my table."

~Meg Barnhouse , UU Minister, from *The Best of Radio Free Bubba*

I Am Enough

I am enough, just as I am,
unfinished,
imperfect,
uncertain of the road I choose,
yet, certain that I must continue.
I cannot go back.
I am not enough for some,
and too much for others.
I struggle with myself,
I wrestle with fear,
I avoid the parts of me
that are dark and unavoidable.
Yet, I want to hide no more.
I am alive.
I know because I feel.
In my eyes,
I am damaged,
hurting,
healing,
in need of improvement.
But in the eyes of God,
and in the place where grace abides,
I know I am enough.
~Lou Sparks Smith