

Renewal

Chalice Lighting

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. *-Albert Schweitzer*

Check-in

How is it with your spirit today? (2-3 minutes per participant)

Readings

We don't even know how strong we are until we are forced to bring that hidden strength forward. In times of tragedy, of war, of necessity, people do amazing things. The human capacity for survival and renewal is awesome. *-Isabel Allende*

The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope. *-Wendell Berry*

I see the American experience as being defined by the immigrant paradigm of rupture and renewal: rupture with the old world, the old ways, and renewal of the self in a bright but difficult New World. *-Ayad Akhtar*

Top athletes understand that to play at their best, they must alternate periods of intense performance with periods of strategic renewal. *-Robin S. Sharma*

Questions for Contemplation

- How is renewal showing up in your life right now?
- When are you resistant to allowing renewal to happen? What makes change hard for you?
- When are you most open to renewal? What environments/experiences help you embrace change?

- If you have an intentional practice that gives you a sense of renewal, share what you experience.

Uninterrupted Sharing

Each person may speak to the topic. Hold responses until all have shared.

Responses

Conversation about the topic, with an opportunity to ask clarifying questions, respond to what others have shared, or offer additional thoughts.

Check-out

How was this experience for you? What are you taking away?

Closing Words and Extinguishing of Chalice

For everything there is a season, and a time for every matter under heaven:
a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to cast away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing. - *Ecclesiastes 3:1-8*