

What is Enough?

Opening Words & Chalice Lighting: *From William Ellery Channing:*

To live content with small means,	to bear all cheerfully,
to seek elegance rather than luxury,	do all bravely,
and refinement rather than fashion,	await occasions,
to be worthy, not respectable,	hurry never ---
and wealthy, not rich,	in a word, to let the spiritual,
to study hard, think quietly,	unbidden and unconscious,
talk gently, act frankly,	grow up through the common.
to listen to stars and birds,	This is to be my symphony.
babes and sages, with open heart,	

Check-in:

Say what is on your mind and in your heart to free yourself for deep listening.

Focus Reading: *From Kathleen Norris' "DREAMING OF TREES" in THE CLOISTER WALK:*

If scarcity makes things more precious, what does it mean to choose the spare world over one in which we are sated with abundance? Does living in a place with few trees bring with it certain responsibilities? Gratitude, for example?

What would I find in my own heart if the noise of the world were silenced? Who would I be? Who will I be, when loss or crisis or the depredations of time take away the trappings of success, of self-importance, even personality itself? Could the trees of my beloved Plains, or the lack of them, help me to know?

The wisdom of the few struggling trees on the Plains, and the vast spaces around them, are a continual reminder that my life is cluttered by comparison. A perfectly simple room, with one perfect object to meditate on, remains a dream until I step outside, onto the Plains. It always makes me wonder: What is enough? Are there enough trees here? As always, it seems that the more I can distinguish between my true needs and my wants, the more I am shocked to realize how little *is* enough.

Focus Questions:

- Do you enjoy living with a lush landscape, or do you find more pleasure in the simplicity of a scarce landscape?
- Do you prefer a simple Zen-like decorating style, or a more elaborate style, or somewhere in between?
- How do things (or lack of things) around you feed your soul?
- What are luxuries for you?
- What do you feel would be “enough” for you to live a happy life?
- Do you feel it’s a human need to try to “fill up emptiness?” If so, what do you feel causes us to have this need?

Checkout/Likes and Wishes:

Closing Words & Extinguishing Chalice: *by Mark Belletini:*

Go in Peace. Live simply, gently, at home in yourselves.	Practice forbearance.
Act justly. Speak justly. Remember the depth of your own compassion.	Speak the truth, or speak not.
Forget not your power in the days of your powerlessness.	Take care of yourselves as bodies, for you are a good gift.
Do not desire to be wealthier than your peers	Crave peace for all people in the world,
And stint not your hand of charity.	Beginning with yourselves,
	And go as you go with the dream of that peace alive in your heart.