



SMALL GROUP MINISTRY  
FIRST UNITARIAN CHURCH OF  
SAN JOSE

## The Spaces In Between

Quiet time to be alone is not an optional nicety; nor is it just for the retired, the lazy, or those naturally inclined. It is for all of us. It is valuable time well spent.

- David Kundtz

One of the great necessities in America is to discover creative solitude.

- Carl Sandburg

The mind can only reflect the true image of the Self when it is tranquil and wholly relaxed.

- Indira Gandhi

Sometimes I sits and thinks, and sometimes I just sits.

- Satchel Paige

**Preliminaries** Announcements, chalice lighting, opening words.

**Opening /  
Chalice Lighting**  
- David Kundtz,  
Everyday Serenity

Welcome to a new way to cope with the demands of life.

Welcome to a way that requires no difficult skills, adds no new burdens, and accommodates all spiritual systems and lifestyles.

Welcome to those who want to do nothing—more often, more creatively, with joy, and without guilt.

Welcome to simplicity.

Welcome to serenity—tranquility, calmness, and clarity—every day.

**Check-in**

Take a minute or two to briefly share the high point or the low point of your life since we last met.

**Reading  
Round-the-Circle**  
- Steven Harrison,  
author of Doing  
Nothing (adapted)

Being is what remains when we stop trying so hard.

In the stopping we discover the vast spaciousness of life, of love, of connection.

And out of this vast love, out of this ground of being, arises the very movement of life—our life.

The life that can be such a challenge and burden is also the life that is the expression of the infinite.

From the perspective of life itself, doing and being are one.

We cannot live without acting and we cannot live happily without love.

This dance of the absolute and the relative, the whole and the aspect, is the life in which we find ourselves.

Our exploration is not the avoidance of activity or the denial of love, but the discovery of stillness in movement, wholeness in form, and the fullness of emptiness.

**Sitting in  
Silence**

**Singing**  
- Hymnal #352

Find a stillness, hold a stillness, let the stillness carry me.

Find the silence, hold the silence, let the silence carry me.

In the spirit, by the spirit, with the spirit giving power,  
I will find true harmony.

**Sharing / Deep  
Listening**

Please share the experiences or revelations that resulted from your quiet space during the past week.

**Feedback**

After all have shared, you may wish to acknowledge one another in a very brief response. For example, “I had the same feeling...” or “I liked what you said about...” or “I’d like to try that, too...”

**Closing /  
Extinguishing  
the Chalice**  
- Hymnal #480  
(adapted)

Join hand or link arms as you say the closing words together:

Let us open our minds and hearts to the place of quiet, to the peace that is within us and around us, and to the soft, gentle, coming of love.