

Be sure that it is not you that is mortal, but only your body.
For that [person] whom your outward form reveals is not
yourself; the spirit is the true self, not that physical figure ...
- *Cicero*

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I inhabit a weak, frail, decayed tenement; battered by the
winds and broken in on by the storms, and, from all I can
learn, the landlord does not intend to repair.
- *John Quincy Adams*

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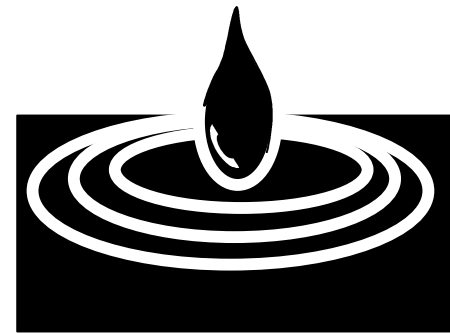
There is but one temple in the universe and that is the body
of [humans].
- *Novalis*

* * *

The body says what words cannot.
- *Martha Graham*

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When I am going to sleep or waking up I have noticed that
certain areas of my body feel drowsy while others feel
stimulated, and that if I want to sleep I can generally do so
by fixing my attention on the drowsy parts. It may be that
this same principle applies to attitudes. When I check to see
how I feel about something, I automatically move my
attention to the region of my solar plexus. but it appears that
there are other aspects of my personality which are centered
in quite different areas of my body. Tonight when I
explored these I found that from my back I was strong and
stolid, from my feet I felt athletic and slightly impatient,
and from my hands I was cool, liquid and glib. In my neck,
eyes and shoulders there were still other differences. The
question, "How do I feel about this?" might be answered,,
"Feel from where?" In this way, I could not deceive myself
into believing that I have only one attitude to which I can be
true.
- *Hugh Prather, I Touch the Earth, the Earth Touches Me*



SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH OF
SAN JOSE

Living in Your Body

I finally realized that being grateful to my body was key to giving
more love to myself.
- *Oprah Winfrey*

Our own physical body possesses a wisdom which we who
inhabit the body lack.
- *Henry Miller*

I stand in awe of my body.
- *Henry David Thoreau*

The body is a marvelous machine ... a chemical laboratory, a
power-house. Every movement, voluntary or involuntary, is full
of secrets and marvels!
- *Theodor Herzl*

Preliminaries One volunteer to light the chalice and three to do the reading (one per section). Explanation of guided meditation.

Opening / Chalice Lighting *Sing together twice:*
 “Gathered Here” - Hymn #389
 Gathered here in the mystery of the hour.
 Gathered here in one strong body,
 Gathered here in the struggle and the power.
 Spirit, draw near.

Check-in Take a minute or two to share one high point or one low point of the time since we last met.

Guided Imagery Please close your eyes for this meditative experience.

Sharing/Deep Listening Speak the thoughts and feelings that arose as you did the preparation for this session. You may also share your reaction to the guided imagery you just experienced.

Reading “Living in the Body” - Joyce Sutphen
 Body is something you need in order to stay on this planet and you only get one.
 And no matter which one you get, it will not be satisfactory. It will not be beautiful enough, it will not be fast enough, it will not keep on for days at a time, but will pull you down into a sleepy swamp and demand apples and coffee and chocolate cake.

Body is a thing you have to carry from one day into the next. Always the same eyebrows over the same eyes in the same skin when you look in the mirror, and the same creaky knee when you get up from the floor and the same wrist under the watchband. The changes you can make are small and costly — better to leave it as it is.
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Reading (continued)
 Body is a thing that you have to leave eventually. You know that because you have seen others do it, others who were once like you, living inside their pile of bones and flesh, smiling at you, loving you, leaning in the doorway, talking to you for hours and then one day they are gone. No forwarding address.

Discussion This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.

Singing “Wake Now, My Senses” (modified) - Hymn #298
 Wake now my senses and hear the earth call;
 Feel the deep power of being in all;
 Keep, with the web of creation your vow,
 Giving, receiving as love shows us how.

Wake now awareness of the body I’m in
 Of how it is to live inside my skin
 May I be kind to this home I have now
 Prizing the gifts with which I’ve been endowed.

Wake now, my body, acknowledge the power
 That lives in me and sustains every hour
 It’s mine for this lifetime — my strength, my abode,
 May I be grateful as I travel life’s road.

Closing/ Extinguishing Chalice *Join hands or link arms as you read the closing words together.*
 - Thich Nhat Hahn Excerpted from Hymnal #505
 Let us be at peace with our bodies and our minds.
 Let us return to ourselves and become wholly ourselves.
 Amen. Blessed be.