

All Souls Church Unitarian

Covenant Group Guide

June 2016

“Abundance”

Not what we have but what we enjoy, constitutes our abundance.

Epicurus

Abundance is not something we acquire. It is something we tune into.

Wayne Dyer

It is not only my right and my privilege to walk in the abundance God has for me, it is my responsibility...just as it is my responsibility to live the rest of my truth.

Jan Denise

Generosity is a sign of our reliable connection to the Abundance.

Kabir Helminski

Living the Challenge of Abundance

Be a stream, not a swamp. Remember it is the mountain stream that carries fresh, life-giving water because it flows out. However, the swamp is stagnant. A swamp collects and retains water that comes its way. Don't be the kind of person who seeks to accumulate much before allowing a little to flow through.

Victor M. Parachin

People with a scarcity mentality tend to see everything in terms of win-lose. There is only so much; and if someone else has it, that means there will be less for me. The more principle-centered we become, the more we develop an abundance mentality, the more we are genuinely happy for the successes, well-being, achievements, recognition, and good fortune of other people. We believe their success adds to...rather than detracts from...our lives.

Stephen R. Covey

Proverbs from Around the World

Abundance doesn't know contentment, but contentment is abundance. (Turkish)

Overabundance is not far from want. (Nigerian)

Enough is better than too much. (German)

When we pursue happiness, we flee contentment. (Hasidic)

Mind Wanting More

Once a beige slat of sun
above the horizon, like a shade pulled
not quite down. Otherwise,
clouds. Sea rippled here and
there. Birds reluctant to fly.
The mind wants a shaft of sun to
stir the grey porridge of clouds,
an osprey to stitch sea to sky
with its barred wings, some dramatic
music: a symphony, perhaps
a Chinese gong.

But the mind always
wants more than it has —
one more bright day of sun,
one more clear night in bed
with the moon; one more hour
to get the words right; one
more chance for the heart in hiding
to emerge from its thicket
in dried grasses — as if this quiet day
with its tentative light weren't enough,
as if joy weren't strewn all around

Holly Hughes

Of Little Needs and Deeper Needs

Man has little needs and deeper needs. We've fallen into the mistake of living from our little needs til we have lost our deeper needs in a sort of madness. Let us prepare now for the death of our little life and reemergence in a bigger life in touch with the moving cosmos. We must get back into relation through daily ritual. We must practice again the daily ritual of dawn and noon and sunset, of kindling fire and pouring water, for the truth is, we are perishing for lack of fulfillment of our greater needs. We are cut off from the great sources of our inward nourishment and renewal. Sources that flow eternally in the universe. Vitality the human race is dying. It is like a great uprooted tree with its roots in the air. We must plant ourselves again in the universe.

D.H. Lawrence, from his essay about his novel, "A Propos of Lady Chatterley's Lover."

When we have mindfulness, concentration, and insight we become very rich people who are able to produce much happiness for ourselves and others; we don't need to run after anything anymore.

Thich Nhat Hanh, from *The Mindfulness Survival Kit*

A Blessing

May your body speak to you and teach you how to care for the temple that houses your bright spirit.

May you walk gently on the earth and honor your hearth and family with your action and your rest.

May you find and enjoy the fruit of abundance so that your life path can be fortified and furthered.

Shiloh Sophia McCloud, from *Tree of Life Blessing*

For Reflection and Discussion

1. What causes or inspires you to appreciate abundance? What causes you to be aware of scarcity as opposed to abundance?
2. How do you cultivate a sense of abundance? Are there practices you could recommend to CG members?
3. What would appreciation for abundance look like writ large? Are we close? Are we as a society as a church community as a religious denomination moving in the right direction? Are you a positive force in your family, in your communities?
4. In what ways does All Souls contribute to your experience of abundance?

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