

Trust
UU Community Church of Santa Monica
Heart to Heart Circles
February 2019

Welcome 5 minutes
Chalice Lighting

I imagine trust as these invisible hands that we stretch out into the world looking for someone to hold on to as we walk into the unknown future.” Alya Titarenko

Sharing Silence 3 minutes

You may wish to bring your attention to your breath, or move a bit until you have found a comfortable seat. If silence is not a familiar experience to you, three minutes may seem long. If you are accustomed to silence, it may seem short.

On Our Hearts 15 minutes

Please share any burdens you bring with you today. This is not a check-in, it is a time to share wonderful news or a heavy heart - the major highs and lows of your life you'd like everyone to keep in their hearts or in their prayers for you.

Covenant and Ground Rules

Our covenant includes a description of how we want to be with each other, ground rules for our time together, and our expectations for members of the group. This covenant is adapted from *Heart to Heart: Fourteen Gatherings for Reflection and Sharing* by Christine Robinson and Alicia Hawkins.

I commit myself:

- to give attendance at meetings a real priority knowing that my presence is important to the group;
- to let the leader know if I will be absent or need to quit;
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others;
- to not gossip about what is shared in the group, and tell only my own story to others;
- to honor the safety of the group by listening to what others share with an open heart;
- to refrain from cross-talk, judging, problem solving, or giving advice;
- and to share as deeply as I can when it is my turn.

Readings

“I was noticing that trust and truth share the first three letters “tru”. I went searching for the origins and etymology of both words, trust and truth, and found that they share in common one word — faithful. I began to explore then how trust and truth might be linked and to what and whom is it that I am faithful.”

Distance doesn't ruin a relationship, doubts do.
Unknown

When something feels off; it is. Trust Yourself.
Unknown

To have faith is to trust yourself to the water. When you swim you don't grab hold of the water, because if you do you will sink and drown. Instead you relax, and float. Alan Watts

In our prayers, we are "nestling in" with reality, adopting a stance that declares we trust what is "out there" and what is "inside." In moments of meditation we assume a certain confidence, a faith that what is, is ultimately friendly, capable of supporting our life... No matter what befalls, no matter what you become, Love awaits...
Barbara Merritt

Trust is like the air we breathe. When it's present, nobody really notices. But when it's absent, everybody notices.
Warren Buffett

Questions for consideration:

1. Who has taught you the most about risking trust?
2. What have you trusted since childhood? What have you never lost faith in?
3. How have you changed your mind about trust?
4. Have you ever been surprised that someone was willing to trust you?
5. When broken trust left you broken-hearted, what voice in your head or word from a friend helped you pick up the pieces?
6. Have you ever felt betrayed by your country?
7. Has it ever been hard to trust that your children will find their way?

Sharing 60 minutes

Reflecting On Our Time Together

Please share anything that would otherwise be unsaid as you leave our time together. Do you wish you had shared something more, less, different? How are you feeling as you leave? Feeling words are ok, such as sad, mad, glad, peaceful, powerful, joyful.

Closing Words

Trust

BY THOMAS R. SMITH

It's like so many other things in life
to which you must say no or yes.
So you take your car to the new mechanic.
Sometimes the best thing to do is trust.

The package left with the disreputable-looking
clerk, the check gulped by the night deposit,
the envelope passed by dozens of strangers—
all show up at their intended destinations.

The theft that could have happened doesn't.
Wind finally gets where it was going
through the snowy trees, and the river, even
when frozen, arrives at the right place.

And sometimes you sense how faithfully your life
is delivered, even though you can't read the address.