

UUCMC Covenant Circle Session

February 2019: Trust

Opening Words & Chalice Lighting

Trust that truth whether good or bad, pretty or ugly, is still truth . . . the knowledge of anything true brings freedom and empowerment back to oneself. ~ Alice Walker

Reminder of our Covenant

Check-In (3-4 minutes each)

Topic with Readings

Word Roots

“Trust comes from the Norse *traust*, Proto-Germanic *traustam*, and Old English *treowian*. All these roots point to confidence, reliance, protection, solace, and support. They ask, where do you find your confidence? Where do you find solace?” - source

“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.” - source

Wise Words

As you start to walk out on the way, the way appears. ~ Rumi

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

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

As free congregations we enter into this covenant, promising to one another our mutual trust and support. ~ Closing affirmation to our Unitarian Universalist Statement of Principles

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

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

A bird sitting on a tree is never afraid of the branch breaking, because her trust is not in the branch but in her own wings. ~ Unknown

Today I want to greet joy
Without a trace of suspicion. ~ Amy Loyd

Few delights can equal the mere presence of one whom we trust utterly. ~ George MacDonald

It is mutual trust, even more than mutual interest that holds human associations together. ~ H.L. Mencken

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

When you're surrounded by all these people, it can be even lonelier than when you're by yourself. You can be in a huge crowd, but if you don't feel like you can trust anybody or talk to anybody, you feel like you're really alone. ~ Fiona Apple

You may be deceived if you trust too much, but you will live in torment if you don't trust enough.
~ Frank Crane

The only way you can make a [person] trustworthy is to trust [them]. ~ Henry Stimson

I don't need a certain number of friends, just a number of friends I can be certain of.
Alice Walker

Crocodiles are easy. They try to kill and eat you. People are harder. Sometimes they pretend to be your friend first. ~ Steve Irwin, famed wild animal trainer

I've come to trust not that events will always unfold exactly as I want, but that I will be fine either way. ~ Marianne Williamson

Follow your bliss and the universe will open doors for you where there were only walls.
~ Joseph Campbell

There is always that edge of doubt. Trust it. That's where the new things come from. ~Albert Huffstickler

If you can trust yourself when all men doubt you,
But make allowance for their doubting too...
Yours is the Earth and everything that's in it...
~ Rudyard Kipling, from "If"

You were born with greatness.
You were born with wings.
You are not meant for crawling,
so don't.
You have wings.

Learn to use them and fly.
~ Rumi, on trusting yourself

You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you choose.
You're on your own.
And you know what you know.
And YOU are the one
who'll decide where to go...
~ Dr. Seuss, on trusting yourself

Trusting Grief ~ John O'Donohue

When you lose someone you love...
It becomes hard to trust yourself.
All you can depend on now is that
Sorrow will remain faithful to itself.
More than you, it knows its way...

Blessing for the Brokenhearted (A heart that trusts its own beating)
~ Jan Richardson, From *The Cure for Sorrow: A Book of Blessings for Times of Grief*

Let us agree
for now
that we will not say
the breaking
makes us stronger
or that it is better
to have this pain
than to have done
without this love...
Perhaps for now
it can be enough
to simply marvel
at the mystery
of how a heart
so broken
can go on beating,

as if it were made
for precisely this...
as if it trusts
that its own
persistent pulse
is the rhythm
of a blessing
we cannot
begin to fathom

but will save us
nonetheless.

Silent Reflection

Questions to prompt discussion (choose ones that work for you)

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. Are you trusting or ignoring your gut right now?
5. What would happen if your trusted life enough to let go?
6. What would happen if you trusted that you are right where you are meant to be? That life is exactly what you need right now?
7. Have you ever been surprised that someone was willing to trust you?
8. When broken trust left you broken-hearted, what voice in your head or word from a friend helped you pick up the pieces?
9. Have you ever felt betrayed by your country?
10. You're worried about how this thing in front of you is going to work out. Might it be possible to trust that you will be fine either way?
11. What have you learned about trusting grief, rather than trying to make it go away?
12. Has it ever been hard to trust that your children will find their way?

Housekeeping Details How goes your service project plans? Do you need ideas? Lisa, Michelle or Virginia are happy to help!

Check-out

Closing Words

The glory of friendship is not the outstretched hand, not the kindly smile, not the joy of companionship; it is the spiritual inspiration that comes to one when you discover that someone else believes in you and is willing to trust you with a friendship. ~ Ralph Waldo Emerson