

## UUCMC Covenant Circle Session

May 2019: Curiosity

### Opening Words & Chalice Lighting

Everyone and everything around you is your teacher. ~ Ken Keye

### Reminder of our Covenant

### Check-In (3-4 minutes each)

### Topic with Readings

#### Word Roots

Curiosity stems from the Latin *curiosus*: careful, diligent, or inquisitive. This is the same root for care and careful which implies an intention in curiosity, a sense of purpose about it. As the word moved into old French and middle English it took on qualities of eager to know (often in a bad sense), solicitous, anxious, inquisitive, odd, strange.

#### Wise Words

Our work is not to change what you do, but to witness what you do with enough awareness, enough curiosity, enough tenderness that the lies and old decisions upon which the compulsion is based become apparent and fall away. ~ Geneen Roth

When we face a new situation our temptation is often to ask, “What do I like?” Do I like this new thing? Do I like these people? Do I like this set-up? Sometimes that’s a helpful question to ask. But it’s always good to ask, “What can I learn?” From this new thing, in this new life situation, on this new day—what can I learn? In this moment, like it or not, life is giving me the opportunity to learn more about the universe and about myself... Everything is a teaching, a chance to learn and practice. It’s a gift. But only if I stay open and curious. Even if it’s a rotten situation, nine times out of ten curiosity beats misery. Compassion always covers the rest.

~ Rev. Steve Garnaas-Holmes

Maybe answers are just resting places on the way to better questions. ~ Mark Causey

I have no special talent. I am just passionately curious. ~ Albert Einstein

Millions saw the apple fall, but only Newton asked why. ~ Bernard Baruch

Leonardo da Vinci was undoubtedly the most curious man who ever lived... He wouldn’t take Yes for an answer. ~ Kenneth Clark

I can live with doubt and uncertainty and not knowing. I think it’s much more interesting to live not knowing than to have answers that might be wrong. ~ Richard Feynman

We can lean into worry's opposite – curiosity. As Rabbi Marcia Prager teaches, where worry says, “oh no, what is going to happen?” curiosity says “oh wow! I wonder what will happen!”  
~ Rev. Kimberley Debus

The two greatest days in your life are the day you were born, and the day you find out why.  
~ Mark Twain

[People] go abroad to wonder at the heights of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motions of the stars, and they pass by themselves without wondering.  
~ Saint Augustine

It wasn't curiosity itself that killed the proverbial cat. What really got him in trouble was his inability to deal with the new situation he was in. And when it comes to learning about new environments, curiosity is key.  
~ Kate Berardo

Nothing in life is to be feared. It is only to be understood. ~ Marie Curie

As a child, my grandmother, an incredibly gifted, creative, if not eccentric woman, imparted me with these simple but powerful words. She said: “To be interesting, Kate, you have to be interested.” Curiosity not only makes the world interesting, it makes you interesting.  
~ Kate Berardo

If you tell me that curiosity killed the cat, I say the cat died nobly. ~ Arnold Edinborough

## **Silent Reflection**

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

1. What or who has kept you curious?
2. What's something you know now about being a person of curiosity that you didn't know when you were 18 years old?
3. Has being curious ever come at a cost for you?
4. As you get older, are you more curious or less?
5. Are you regularly curious about what your body is trying to tell you?
6. Is that person who drives you crazy trying to teach you something?
7. Do you believe that every moment is a teachable moment?

8. Have you forgiven yourself for that time you willfully refused to question what you knew was untrue?
9. When it comes to you worrying about the future or being curious about it, which one wins?
10. Do you think you are worth someone being curious about?
11. Which were you taught was more important: the “expert mind” or the “beginner’s mind”?
12. Have you ever opened Pandora’s box?
13. What is the greatest adventure that your curiosity took you on?

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

### **Check-out**

### **Closing Words**

In the mind of the beginner there are many possibilities, in the mind of the expert there are few.  
~ Shunryu Suzuki

### **Bonus Round:**

## ***Get Curious About the Other Side***

[Jubilee Media](#) produces some of the most provocative and important conversational videos on the internet. Their video series is called *Middle Ground*. It brings together people from opposite sides of various issues to talk, debate, get to know each other and hopefully leave a little more curious about the other side rather than just judging them. It’s something we all could use a little help doing.

So you are invited to get more curious than judgmental by exploring a few of the Middle Ground videos below. Watch them all or just the ones that grab your interest.

Come to your small group ready to share how your curiosity about “the other side” changed you.

### **Middle Ground Videos:**

- Atheists & Christians Debate:  
<https://www.youtube.com/watch?v=3SjuCOPYscU&feature=em-subscriptions>
- Liberals & Conservatives Fight Labels And Stereotypes:

<https://www.youtube.com/watch?v=cbh64LX6-HY&t=238s>

- Can Trump Supporters & Immigrants See Eye To Eye?  
<https://www.youtube.com/watch?v=G0SpzIIHEaE&t=747s>
- Can Black Lives Matter & Law Enforcement See Eye To Eye?  
<https://www.youtube.com/watch?v=S6rDvbQ-mz4&t=78s>
- Millennials & Baby Boomers Seek To Understand Each Other:  
<https://www.youtube.com/watch?v=D1eB--Dskfi>
- Vegans & Meat Eaters Discuss The Right Diet?  
[https://www.youtube.com/watch?v=JUnWk4s4\\_js&index=4&list=PLBVNJo7nhINQ6dTALHYggQd2zINLOWHv6](https://www.youtube.com/watch?v=JUnWk4s4_js&index=4&list=PLBVNJo7nhINQ6dTALHYggQd2zINLOWHv6)
- Rich And Poor People Seek To Understand Each Other:  
<https://www.youtube.com/watch?v=8xbof4rqOKw>