

June 2022 Theme

Wisdom

“Knowing yourself is the beginning of all wisdom.”

~ Aristotle

Introduction

The fourth principle of Unitarian Universalism encourages “a free and responsible search for truth and meaning,” and we can achieve wisdom through this search. As individuals, we may gain wisdom as we progress through our own life experiences, taking time to pause and reflect each time we stumble, stop short, or spiral back. In community, we may gain wisdom by listening to others’ perspectives and sharing our stories, taking the time to form authentic connection. Sharing our wisdom is a way to live up to our covenant “to help one another.” In this spirit, we have asked members of the congregation to share their bits of wisdom.

Bits of Wisdom from Members of Our Congregation:

"Do right by yourself; nobody else will." (From a note included with a check sent to *Sally Demler* by her father while she was in college.)

"Dear, if you never learn to drive a tractor, you will never have to drive a tractor." (from *Roger Demler's* Gramma Brown to Ann, Sally’s sister-in-law at her wedding to Roger's brother, who was embarking on a lifetime in the world of farming. Sally notes that this bit of wisdom also applies to snow blowers, lawn mowers, etc.)

"The best thing to hold onto is each other." (Anonymous, submitted by *Linda Crawford*)

“Read books by dead authors. If it’s still in print, it’s bound to be good.” -*Jeff Brown*

“It's a waste of time looking back and thinking - what if?”

“Be grateful for what is and for the incredible goodness of friends.”

“Kindness and forgiveness goes a long way.” -*Susan Barrett*

“It is important to be a good listener and then not to follow up with giving unsolicited advice.” -*Linda Dinius*

“Don't be afraid of an unknown outcome. It could go so much better than you expect!” -
Jennie Breault

“Always pause before responding (especially when emotional).”

“Be kinder than is necessary.” – *Katherine McHugh*

“Always go to the funeral. Showing up in life for others in a myriad of ways is so important!”

“You must first love yourself before you can love another.”

“Perfection is not the goal...in life it is the discordant note that gets remembered.

This month’s theme was composed by Jess Jonas, Aimee Dalrymple, and the Worship Associates.

“Under-commit and over deliver.” -*Jen Ryan Brown*

Questions for discussion and discernment on your own, or with each other:

1. Who in your life have you garnered wisdom from?
2. What is the best wisdom you have received?
3. At what times in your life have you received a lot of wisdom/advice (ex. after the birth of a child, when graduating from high school)?
4. How do you discern wisdom from information or knowledge?
5. When in your life have you been most or least receptive to wisdom?
6. What is some wisdom you wish you had heeded?
7. Have there been times that something you thought was a great piece of wisdom turned out to not be particularly wise?
8. Where do you find sources of wisdom?
9. What are some practices that facilitate receptivity to wisdom?
10. What is some wisdom you wish you had been told?
11. What wisdom do **you** have to share?

Quotes and Short Readings

“Knowledge is knowing that a tomato is a fruit. Wisdom is knowing not to put it in a fruit salad.”
~*Brian O’Driscoll*

“The fool doth think he is wise, but the wise man knows himself to be a fool.”
~*William Shakespeare*

“The only true wisdom is in knowing you know nothing.”
~*Socrates*

“The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.”
~*Isaac Asimov*

“You’re braver than you believe, stronger than you seem and smarter than you think.”
~*Christopher Robin*

"With old age comes wisdom, but sometimes it comes alone!"
~*Oscar Wilde*

Never give up, never escape, take everything in, and perhaps suffer, that's not too awful either, but never, never give up." "If one finds the strength to deal with small things, one finds it to deal with the large ones as well."
~*Etty Hillesum*

For more on this month’s theme go to: <http://uuac.org/worship/themes-for-spiritual-practice/>

The Worship Associates are: Susan Barrett, Jennie Breault, Jeff Brown, Jen Ryan Brown, Alan Cantor, Aimee Dalrymple, Jess Jonas, Nora Kempner, and Katherine McHugh.

“Wisdom is not a possession you can point to as much as it is a way that a life has of imprinting the lives around it.”

“A hallmark of wisdom is an acknowledgment of the fullness and complexity of what it means to be human,”

“Sometimes we get wise not by learning new things, but by recovering old things we knew and then forgot,”

~Krista Tippett

"No longer dividing the world into good and bad, love and hate, we not only have more freedom and ease in daily life; we also gain access to the wisdom of our real nature."

~ Anne C. Klein, "The Four Immeasurables"

God, give me grace to accept with serenity

the things that cannot be changed,

Courage to change the things

which should be changed,

and the Wisdom to distinguish

the one from the other.

Living one day at a time,

Enjoying one moment at a time,

Accepting hardship as a pathway to peace.

~ Reinhold Niebuhr

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