

DEFINITION

A strong feeling of wanting to have something or wishing for something to happen.

SYNONYMS: wish, lust, passion; to long for, to yearn for, to crave

Taking It Home:

Activity: Draw your Desires

Jo Luck, former CEO of Heiffer International: "I was teaching at a community school for adults where I championed a you-can-do-anything-if-you-believe-in-yourself approach. I asked my students to draw a picture of where they'd be in five years, and what they'd be doing. I said, 'Don't just tell me you're going to be a seamstress in three years. I want to hear concretely whether you're going to own your business, for example.'"

Your assignment: Draw a picture of who you are going to be in five years, be specific. Read more about Luck's story in the article below.

Books:

Harry Potter and the Sorcerer's Stone by J.K. Rowling

Article:

Woman Change Maker by Sabine Kortals

<http://www.womanchangemaker.net/article/jo-luck-on-eradicating-hunger-and-poverty/>

The Diamond in Your Pocket by Gangaji

<http://www.spiritualityandpractice.com/book-reviews/excerpts/view/14742>

Video:

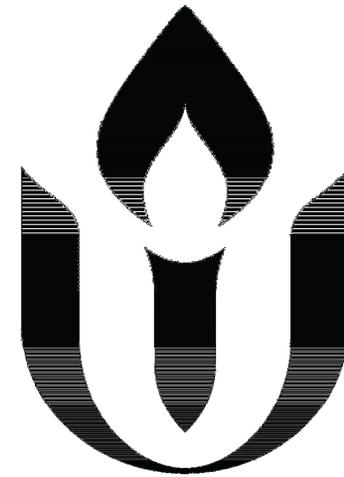
The Flirtations – *Everything Possible*

<https://www.youtube.com/watch?v=6VA8DFFNQFA>

These materials are part of the small group ministry program at Jefferson Unitarian Church. For more information on using them, or to set up your small group, please contact Rev. Eric Banner.

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<http://www.jeffersonunitarian.org/SmallGroups>



Jefferson Unitarian Church February 2016 Small Group Session: Desire 2.0

**Opening/
Chalice
Lighting:** As we come together,
I go into myself.
I dig into myself for a deep answer.
I have patience with everything that remains
unsolved in my heart, and I live the question.
What is required of us is that we love the
difficult and learn to deal with it.
In the difficult are the friendly forces, the hands
that work on us.
It is clear that we must embrace the struggle.
Right in the difficult we must have our joys, our
happiness, our dreams.
We create this space to go into ourselves and
see how deep the place is from which our lives
flow. (RM Rilke, adapted by Scott Rudolf)

Check In: Up to 2 minutes per person to share what they
bring with them since the last time the group
met

Reading: You can be anybody you want to be
You can love whomever you will
You can travel any country where your heart
leads
And know I will love you still
(Rev. Fred Small, *Everything Possible*)

**Resting in
the
Silence:** Take 2 minutes to just sit. If your group is up to
it, go longer, as long as you let people know
how long the silence will be.

**Questions
and
Quotes
From The
Common
Bowl:** Share the quotes and questions for today's
session in the way that is customary in your
small group. You can pass the sheet, you can
select them randomly from a bowl after having
cut them into individual pieces. Or whatever
works well for your small group.

**Sharing/
Deep
Listening:** Allow each person up to five minutes to share
what has come up for them about today's topic.
If someone does not use the full five minutes,
make sure you count to ten full breaths before
moving on to the next person, in case the
speaker is not truly finished.

**A Second
Share:** If time allows, you may have a brief second
share from those who have found they have
more to say, keeping in mind your commitment
to going no longer than ninety minutes.

**Closing
Reading:** May your eyes see beauty
May your lips speak truth
May your heart love deeply
May your hands do justice
And may you walk in the ways of your calling in
all the days of your life
(JUC Child Dedication)

**Extinguish
the
Chalice:** Join hands and say the following together:
**May our hearts desire guide us in love and
justice until we meet again.**
And then, extinguish your chalice until you meet
again.

Everything Possible

Words and Music by Rev. Fred Small Copyright 1983 Pine Barrens Music (BMI)

We have cleared off the table, the leftovers saved
Washed the dishes and put them away
I have told you a story and tucked you in tight
At the end of your knockabout day
As the moon sets its sails to carry you to sleep
Over the midnight sea
I will sing you a song no one sang to me
May it keep you good company

You can be anybody you want to be
You can love whomever you will
You can travel any country where your heart leads
And know I will love you still

You can live by yourself, you can gather friends around
You can choose one special one
And the only measure of your words and your deeds
Will be the love you leave behind when you're done

There are girls who grow up strong and bold
There are boys quiet and kind
Some race on ahead, some follow behind
Some go in their own way and time
Some women love women, some men love men
Some raise children, some never do
You can dream all the day never reaching the end
Of everything possible for you

Don't be rattled by names, by taunts, by games
But seek out spirits true
If you give your friends the best part of yourself
They will give the same back to you

You can be anybody you want to be
You can love whomever you will
You can travel any country where your heart leads
And know I will love you still
You can live by yourself, you can gather friends around
You can choose one special one
And the only measure of your words and your deeds
Will be the love you leave behind when you're done

“It is exactly through desire that we discover what animates and moves us.” - David Whyte

What are you chasing? Are you sure you want it?

“It does not do to dwell in dreams and forget to live.” – J.K. Rowling, *Harry Potter*

“You wander from room to room Hunting for the diamond necklace That is already around your neck!”
- Rumi

“You are never too old to live into your desires” – Rev. Wendy Williams

“The greatest tragedy in life is to spend your whole life fishing only to discover that it was not fish you were after.” – Henry David Thoreau

Do you remember who/what you wanted to be?

Persian poet Mirza Ghalib wrote, “It is the rose unfolding that creates the desire to see.” Beautifully, his words remind me that when we are in survival mode, plowing through our days, trying to get to the next thing done, we hold ourselves tightly. We miss the opportunity then to witness our own unfolding, our own stretching into what might be. – Rev. Wendy Williams

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” -

Ralph Waldo Emerson

Humans desire. It is a part of our hardwiring. We sense a lack of something—whether real or not, whether that we sense is lacking good for us or not, we desire. **And so if desire is part of being alive, our question is how do we live?**

“Not to have is the beginning of desire.” - Wallace Stevens

“You can be anybody you want to be
You can love whomever you will
You can travel any country where your heart leads
And know I will love you still” – Rev. Fred Small, *Everything Possible*

Do you believe it?

Rev. Wendy Williams shared that when she heard the song *Everything Possible* for the first time, her world as it had been, stopped turning and hope came through. **Has there been a moment when your world stopped turning? When a glimmer of hope shown through? A lifesaving moment?**

“You are loved and loveable because of who you are, not in spite of it” – Rev. Wendy Williams

The Mirror of Erised from *Harry Potter* “shows us nothing more and nothing less than the deepest, most desperate desires of our hearts.” **What would you see if you looked in the Mirror of Erised?**

“I saw you watching me in the diamond district, and I suspected you were a pickpocket. So I hid the diamond where I thought you would be least likely to look for it — in your own pocket!” - Gangaji

What are you seeking? Do you already have it?