



# New Horizons – November 2019

Theme Based Ministry Newsletter of the First Unitarian Congregation of Toronto  
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## Enough

*'Tis a gift to be simple, 'tis a gift to be free,  
'Tis a gift to come down where we ought to be  
and when we find ourselves in the place just right,  
'twill be in the valley of love and delight.*

The song “Simple Gifts” (“Tis a Gift to be Simple,” #16 in our Singing the Living Tradition hymnal) suggests that happiness can be found in simplicity —having just enough of the necessities of life to bring us to a place of “love and delight.”

The song was written in 1848, which may have seemed like a simpler time than our own.

Today, the world calls to us from so many different directions, through high-speed

communication channels and constant marketing messages telling us what to do, be, and buy.

In this time and place of great abundance, we may instead feel scarcity. We may wish for more time, energy, money or (fill in your own blank here), and wonder how enough can be found. Meanwhile, the Earth itself is saying “Enough!” to our way of life, and calling us to turn toward more sustainable ways of living. As we strive to do good in the world, we may wonder whether our efforts are good enough.

In our current Sunday service series on Enough, we’ve reflected together on what sufficiency means to us.

What is enough, and how can we find it? This month, through your Journey Groups, we invite you to continue to explore this timely theme.

With blessings for the journey,  
Lynn

### Join a Journey Group!

Journey Groups are the best way to go deeper with our monthly theme by sharing with small gathering of people for a couple of hours each month.

Groups meet at First and in people’s homes and are scheduled at different times throughout the month.

For more information about joining a group, please visit our website, look for the link in First Light, or visit the Engage & Connect Table on Sundays.

## Questions to Live With

*As has become our practice, be sure to engage these questions in advance of your group meeting and find the one that “hooks” you most. Then let it take you on an adventure. Live with it for the entire month. Allow it to break into—and break open—your ordinary thoughts. And then come to your Journey Group meeting prepared to share that experience with your group.*



1. Is pursuing your goals or desires keeping you from appreciating what you have?
2. Who or what has helped you recognize your imperfect self as worthy?
3. How can you simplify your life?
4. Who or what brings love and delight into your life? If you feel that you don't have enough, how can you invite more?
5. What do you do when you've had enough? Can you make this experience transformative?
6. What changes will you make to live more sustainably? What challenges will that pose to your lifestyle, habits, and your relationship to material goods?

## For Inspiration

*As always, the following texts are not “required reading”. We will not analyze or dissect these pieces in our groups. They are simply meant to spark your reflections—and maybe open you to new ways of thinking about this month's theme.*



Enough is a feast.  
— Buddhist proverb

The secret of happiness...is not found in seeking more, but in developing the capacity to enjoy less.  
—Socrates

Simplicity, patience, compassion.  
These three are your greatest treasures.  
Simple in actions and thoughts, you return to the source of being.  
Patient with both friends and enemies, you accord with the way things are.  
Compassionate toward yourself, you reconcile all beings in the world.  
— Lao Tzu, Tao Te Ching

Do justly. Love mercy. Walk humbly. This is enough.  
— John Adams

To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter; to be thrilled by the stars at night; to be elated over a bird's nest or a wildflower in spring — these are some of the rewards of the simple life.

— John Burroughs

Life. Where do I begin to wonder about it? Is accepting the mystery enough or do I need to solve it in order to enjoy it? Perhaps I am only meant to accept and live with the mystery in order to participate, to stand in awe before that which I can probably never fully understand. Today, at least, that will have to do.

— Tian Dayton, *The Soul's Companion*

At some point in life the world's beauty becomes enough. You don't need to photograph, paint, or even remember it. It is enough.

— Toni Morrison

Love is already enough. It is the expectation that makes it almost.

— Nitya Prakash

Life, if well lived, is long enough.

— Seneca

To have enough is perfection.

— Marty Rubin

I have enough money to last me the rest of my life, unless I buy something.

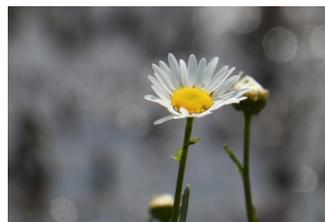
— Jackie Mason

What is enough for us will always be changing but the fact that we are enough will always be truth.

— Heidi Barr, *Woodland Manitou: To Be on Earth*

We are beset with the fear of scarcity – not just economic scarcity, but fear that all our resources are limited...We grow up thinking that we are not good enough or wise enough or athletic enough or rich enough...enough to do what? To live up to the expectations others thrust upon us. We should decide for ourselves when enough is enough – but too often we let the pressures of the world decide this for us, and we find ourselves lacking.

— Rev. Anne Mason



Sometimes you have to realize that you've *had* enough to realize that you *are* enough.

— Mandy Hale

Worthiness doesn't have prerequisites...Worthy now, not if, not when, we're worthy of love and belonging now. Right this minute. As is.

— Brené Brown, *The Gifts of Imperfection*

### *I Am Enough*

...my worthiness is based only on my being.

...All that I need to be, I am.

...This moment is enough.

This place is enough.

This imperfection is enough.

...I have always been enough,

Simply by being here.

Simply by being.

— Jennifer Williamson

Our downfall as a species is that we are arrogant enough to think that we can control Mother Nature and stupid enough to think it is our job.

— Greg Peterson

I went back to church thinking it would be like an epidural. But faith and church was not like an epidural but like a midwife...who just stood next to me saying push. It is supposed to hurt... People want love to be like unicorns and rainbows. But Jesus says love is hard, trouble and controversial. Love is not easy...I thought faith would say I will take away the pain and discomfort but what it ended up saying is, "I'll sit with you in it." And I never thought that would be enough, but it's perfect.

— Brené Brown, *Rising Strong*

You all come to us young people for hope. How dare you? You have stolen my dreams and my childhood with your empty words...People are suffering. People are dying. Entire ecosystems are collapsing. We are at the beginning of a mass extinction...How dare you continue to look away? How dare you come here and say you are doing enough, when the politics and solutions needed are still nowhere in sight...The eyes of all future generations are upon you...We will not let you get away with this. Right here, right now, is where we draw the line.

— Greta Thunberg

Eyes blinded by the fog of things cannot see truth.  
Ears deafened by the din of things cannot hear truth.  
Brains bewildered by the whirl of things cannot think truth.  
Hearts deadened by the weight of things cannot feel truth.  
Throats choked by the dust of things cannot speak truth.

— Harold Bell Wright, *The Uncrowned King*

I wish you enough sun to keep your attitude bright.

I wish you enough rain to appreciate the sun more.

I wish you enough happiness to keep your spirit alive.

I wish you enough pain so that the smallest joys in life appear much bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all you possess.

I wish you enough hellos to get you through the final goodbye.

— Bob Perks

### Upcoming Services

November 3 – Enough Stuff

Rev. Lynn Harrison

November 10 – Enough is Enough

Rev. Lynn Harrison

November 17 – Enough

Rev. Shawn Newton (New Member Sunday)

November 24 – Life Beyond Binaries

Rev. Shawn Newton (Transgender Day of Remembrance)

## First Unitarian Congregation of Toronto



Seek • Connect • Serve

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