

Busyness

Opening Words

Why should we live with such hurry and waste of life? We are determined to be starved before we are hungry. —Henry David Thoreau

Check-in

Share briefly what's been on your mind lately or your highs and lows since we last met. We will listen to each other without asking questions or offering advice to allow people the safety to share what's in their hearts.

Quotes for Inspiration

If we stop long enough to create a quiet emotional clearing, the truth of our lives will invariably catch up with us. We convince ourselves that if we stay busy enough and keep moving, reality won't be able to keep up. So we stay in front of the truth about how tired and scared and confused and overwhelmed we sometimes feel.—Brené Brown

While I am busy with little things, I am not required to do greater things. —Saint Francis de Sales

Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed. —Saint Francis de Sales

Beware the barrenness of a busy life. —Socrates

When did we forget that we are human beings, not human doings? —Omid Safi

For lack of love one does a million other things. —Marty Rubin

All the mistakes I ever made in my life were when I wanted to say No, and said Yes. —Moss Hart

Everybody should be quiet by a little stream and listen. —Ruth Krauss

Hurry by Marie Howe

We stop at the dry cleaners and the grocery store
and the gas station and the green market and
Hurry up honey, I say, hurry hurry,
as she runs along two or three steps behind me
her blue jacket unzipped and her socks rolled down.

Where do I want her to hurry to? To her grave?
To mine? Where one day she might stand all
grown?

Today, when all the errands are finally done, I say
to her,
Honey I'm sorry I keep saying Hurry —
you walk ahead of me. You be the mother.

And, Hurry up, she says, over her shoulder, looking
back at me, laughing. Hurry up now darling, she
says,
hurry, hurry, taking the house keys from my hands.

Spiritual Exercises

- 1) Steven Covey, the leadership and time management expert, told a story about a professor who stood in front of his class with a large glass jar. He put large rocks in the jar and asked his students “is the jar full?” Next he put pebbles in to fill the spaces between the rocks and asked the same question. He then put in sand and finally water, filling the jar up to the top. His point? If you don’t put the big rocks in first, you’ll never get them in at all. What are the big rocks in your life? Time with your family? Your work? A project? Your faith? A cause? Mentoring others? Visualize your big rocks, or find some actual rocks and label them, and think about how to fit those into your life first before all the “little stuff.”
- 2) Instead of saying “I don't have time” try saying “it's not a priority,” and see how that feels. Often, that's a perfectly adequate explanation. I have time to iron my sheets, I just don't want to. But other things are harder. Try it: “I’m not going to edit your résumé, sweetie, because it's not a priority.” “I don't go to the doctor because my health is not a priority.” If these phrases don't sit well, that's the point. Changing our language reminds us that time is a choice. If we don't like how we're spending an hour, we can choose differently. —Laura Vanderkam, *Wall Street Journal*, 2/22/12

Questions for Contemplation

- Do you feel that busyness is a challenge for you?
- How much of the busyness you feel is externally sourced and how much comes from yourself?
- If you feel too busy, what do you find yourself pushing aside?
- If feeling less busy is a goal for you, what would you be willing to give up?

Sitting in Silence

Take a few moments to sit quietly and reflect upon your thoughts.

Sharing/Deep Listening

Respond with your thoughts/experiences with the topic.

Reflection

This is a time to respond briefly to something another person said or to relate additional thoughts that may have occurred as others shared.

Singing: "Tis a Gift to Be Simple"

'Tis the gift to be simple, 'tis the gift to be free
'Tis the gift to come down where we ought to be,
And when we find ourselves in the place just right,
It will be in the valley of love and delight.
When true simplicity is gained,
To bow and to bend we shan't be ashamed,
To turn, turn will be our delight,
Till by turning, turning we come 'round right.

Extinguishing the Chalice

It’s amazing how much information is coming at us most of the time through technology, the media and the busyness of the world around us. I’ve decided that the world probably isn’t going to change, so I have to change. —Joyce Meyer