



## Intro

UU minister, Victoria Safford, speaks of curiosity using the metaphor of perception and sight. She writes, "To see, simply to look and to see, is an ethical act and intentional choice; to see, with open eyes, is a spiritual practice and thus a risk, for it can open you to ways of knowing the world and loving it that will lead to inevitable consequences. ...."

Consequences. I'm not sure I've ever thought of curiosity in terms of consequences. But I think Safford's got it right. There is a type of curiosity that is about enjoyment and adventure. It invites us to experience life as a playground. But there is another type of curiosity that leads to consequences, that changes us. This kind of curiosity ... drives us *past* enjoyment and comfort. It's not about enriching oneself; it's about altering oneself.

This is the type of curiosity we Unitarians Universalists have fallen in love with—one might even say, put our "faith" in. .... We don't just talk about being open-minded; we talk about how our open-mindedness led us to leave home and family and walk a lonelier path than we wanted. And lately, many of us have leaned into the hard work of being curious about our role in upholding institutional racism and structures of white supremacy, none of which is just about "learning interesting new things." .... In other words, the message of our faith is not simply "Be curious!" It's "Be curious until there are consequences!"

~ Rev. Scott Tayler, Soul Matters Team Lead

## Spiritual Exercises

### 1. Get Curious About How the World Works

Seeker ([www.seeker.com](http://www.seeker.com)) is a website built for the super curious! It is organized to help you explore every aspect of our world: space, tech, earth, health, culture. Its short videos take you deep within minutes. .... So, your assignment is simple and hard at the same time: **Search through this amazing website and identify the ONE video or article you are most curious about.** Figure out which one got you so interested that you couldn't help tell others about it!

Here's the important part: Come to your group ready to share not only which video or article you picked, *but also* why you think it spoke *to you personally*. What do you think is the deeper reason it drew you in, beyond "I was just curious about it." In other words, make sure to get a little curious about why you were curious.

### 2. Get Curious about God

Rev. Kathleen McTigue, Director of the UU College of Social Justice, sets aside time each night to get curious about God. She describes it this way:

"My spiritual practice consists of this: I think back on the events of the day and ask the question, "Where was God in this day?" It's a question that can be asked in a dozen different theological voices, and if God language fails to resonate, then we might ask merely, "Where today did I really hear the language of my life?" .... It gives us a way to cradle the moments of the day just lived and see them again before they're too far away."

It's a powerful way to see the sacred in your daily life. So, take a week and end each day by asking "Where was God in this day?" or "Where today did I really hear the language of my life?" .... [C]ome to your group ready to share how this spiritual practice altered your day.

## **Chalice Lighting**

Everyone and everything around you is your teacher.

~ Ken Keye

**Check-in** *Share your highs and lows since we last met focusing on what drains you and what lifts you up. We give each other the gift of listening without asking questions or offering advice to allow people the safety to share what's in their hearts.*

## **Quotes for Inspiration/Readings**

- 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
- The two greatest days in your life are the day you were born, and the day you find out why. ~ Mark Twain
- I have no special talent. I am just passionately curious. ~ Albert Einstein
- Millions saw the apple fall, but only Newton asked why. ~ Bernard Baruch
- Nothing in life is to be feared. It is only to be understood. ~ Marie Curie

## **Questions**

*Pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of Curiosity means for you and your daily living.*

1. What or who has kept you curious?
2. Has being curious ever come at a cost for you?
3. When it comes to you worrying about the future or being curious about it, which one wins?
4. What is the greatest adventure that your curiosity took you on?
5. What am I discovering from paying attention to people with identities, cultures, and perspectives other than my own- and where is it leading me?

**Sitting in Silence** *Take a few moments to sit quietly and reflect upon your thoughts.*

**Sharing/Deep Listening** *Respond with your thoughts and experiences with the topic. We create a safe space by listening deeply and not responding. When sharing, connect with what is true for you. When listening, give the speaker your full attention rather than thinking about what you will share.*

**Reflection and Gratitude** *This is a time to respond briefly to something another person said or to relate additional thoughts that may have occurred as others shared. Consider lifting up one comment or experience for which you are particularly grateful.*

**Singing** -- Why Georgia, by John Mayer

<https://www.youtube.com/watch?v=ehggT-Xy7og>

## **Extinguishing the Chalice**

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