

UCE Mid-Day Covenant Group Session 4/9/13  
Devotion  
Topic Leader Doug Erickson

### **Chalice Lighting and Reading**

Heart full or heart empty  
by Krista Taves

*Leader:* Whether you have come here with heart full or heart empty, with spirits high or low, rested or tired, hopeful or despairing,

*Group:* Whether we have come here out of habit, conviction, loneliness, or curiosity,

*Leader:* You belong here because you are here, and all that you have and all that you are is welcome here.

*Group:* This morning we are, together, the heartbeat of this congregation.

### **Check-in followed by five minutes of response/reaction**

How is it with your spirit?

### **Reading**

Action, Devotion, Meditation, and Knowledge - the 4 yogas

**Action:** The act of yoga is doing it and similarly there is no devotion with some act, some sort of action.

**Devotion:** the fact or state of being ardently dedicated. Duty, work, obligation is many times the opposite of devotion, devotion being willful. Habit/inertia takes over where devotion is lacking. However dedication to making things a habit you increase devotion. Devotion makes renunciation easy, self-mastery possible, and concentration/meditation natural.

One can renounce the lower only for the sake of the higher, the lesser for the greater. Renunciation is never negative. Be kind to yourself.

**Meditation:** When we bring prayer to our real being, no prayer is unanswered. Being ourselves, accepting who we are makes self-mastery possible. Being in the moment (not attaching to nothingness), devoting oneself to what is doable, what is accessible. Letting go of things that aren't working. Letting go of the past - bring forward those moments of the past that bring contentment of the present and bring it to the future. A brief period of meditation with intense devotion is equal to many hours of meditation unaccompanied by the right mood.

Knowledge: Concentration - being in the practice of service/yoga, intense mental application, complete attention. Giving yourself the gift of mind/body/breath - soothing, relaxing, healing ....

### **Deep Sharing/Deep Listening followed by five minutes of response/reaction**

1. What does devotion mean in your life?
2. What reactions do you have to the reading above?
3. What is the relationship between devotion and meditation?
4. To what are you devoted?

### **Closing Reading/Extinguishing the Chalice**

That which is worthy of doing

by Steve J. Crump

That which is worthy of doing, create with your hands.

That which is worthy of repeating, speak with a clear voice.

That which is worthy of remembering, hold in your hearts.

And that which is worthy of living, go and live it now.

Source: 1997 UUMA Worship Materials Collection