

Harvest Season / Enough

October 9 to November 26, 2022

How do we care for ourselves and our world in this season of abundance and change?

As we put up the bounty of harvest, savor the warm and changing days, and observe the shortening light, can we feel that there is enough? We have enough, we are doing enough, we are enough?



What does “enough” mean? The dictionary

says: *Adjective:* adequate for the want or need; sufficient for the purpose or to satisfy desire: “enough water; noise enough to wake the dead.”

Pronoun: an adequate quantity or number; sufficiency.

Adverb: in a quantity or degree that answers a purpose or satisfies a need or desire; sufficiently. Fully or quite: “ready enough;” “moderately, fairly, tolerably (*good enough*).” Understated sense, as in “have had enough,” or have had too much.

As a *Noun* in Old English, “a quantity or number sufficient for the purpose.”

Acknowledgement: We UU’s gather on the ancestral and contemporary land of the Seneca people, Keepers of the Western Door of the Haudenosaunee Confederacy. We pay respect to their elders, past and present. We are grateful to their contributions to our knowledge of living with respect for the interdependent web of which we are all a part.

Gratitude: This packet was prepared by Mary Lyubomirsky and Amy Stockwell with the assistance of Rev. AJ van Tine, Rev. Lane-Mairead Campbell, and the support of the Packet Writers Team. The Worship Leadership team of all three area congregations (First Universalist, UU Church of Canandaigua, and First Unitarian) helped to bring this packet into being.

Dear Ones,

Welcome to our Harvest Season. Last year, it was pointed out to me by some of the more horticultural members of our community that the time to *actually* harvest crops in this region begins in September if not earlier, and really needs to be wrapped up before November sets in. So, the dates don't exactly overlap agriculturally – but the culture of fall, pumpkin spice, apple picking, Halloween, and, of course, Thanksgiving is alive in the spirit of the season as we've defined it. In any case, I hope it's close *enough*.

The simplicity of the word “Enough” being our theme makes me think of the place between “not enough” and “too much.” This is a common theme in my self-reflection, as I tend to follow a school of thought known as “Virtue Ethics,” with roots going back to the ancient Greek philosopher Aristotle. Virtue ethics suggests that while there are not clear cut, hard and fast rules to dictate ethical behavior, the best thing we can try to do usually falls in the middle ground between two opposing vices. For instance, courage is the virtue that lies between cowardice and foolhardiness. In the arenas of both spiritual reflection and social justice work, Unitarian Universalism asks us to avoid complacency, and truly do “enough” of the work, while also avoiding burnout and over-extension by doing “too much.” Such nuanced balance takes practice, and continual self-reflection, which is why this theme is ripe for us to dive into together.



During this season, I also hope you will find the ways in which cultivating a sense of “enoughness” can be an antidote to the poisons our larger culture of scarcity tends to make us feel. Woven together in this packet are such threads as *being* enough, *appreciating* abundance enough, *connecting* enough, and *doing* enough. Regardless of the thread that hooks you the most, I encourage you to seek the balance of “enough.”

I'm also excited to let you know that this rhythm of living in the seasons, exploring the themes together in Worship, Religious Education, and Small Groups (and even individually) is now being shared by three whole congregations: First Universalist, now joins with Canandaigua and First Unitarian. So if you're newly engaging this packet for your spiritual deepening: Welcome! And if you've been around the wheel of the year with us a few times – welcome as always – and you may notice the scope and intention of the packet to refer to Unitarian Universalism in the greater Rochester area, rather than of a particular church. We are continuing to evolve Soul Matters and our collaborations as neighboring Unitarian Universalists, and while we may be planting seeds more than harvesting at this point, the spirit of abundance and enough to go around is deeply rooted in the work to produce this packet.

In faith,

Rev . AJ van Tine

Several threads run through this season of Enough: *Cultivating a sense of ‘enough-ness’ can be an antidote to unworthiness, greed, inattention, and overwhelm:*

- **Self:** If we contemplate the possibility that we ARE enough, we can come to appreciate our own worth, feeling more confident with our own gifts.
- **Stuff:** If we contemplate the possibility that we HAVE enough, we can simplify and curate our worldly treasure, be grateful for our bounty, and give away what is beyond our needs.
- **Connections** (with others & with our creative pursuits): If we contemplate whether we CHERISH enough, we can discern the value of our relationships and interests, and invest our time, gifts, and attention wisely.
- **Social Action:** If we contemplate whether we GIVE and DO enough, we can discern whether we are offering our gifts effectively and find satisfaction in knowing that we are doing and giving what we can.
- **Perfectionism:** If we contemplate and affirm the inherent worth and dignity of every person (especially ourselves), we can let go of the perfectionism that sets up relationships and endeavors up for unrealistic expectations that can never be met. We can be/do enough.

Through all these threads, a sense of enough may guide us into deeper appreciation for the interdependent web of all existence of which we are all a part (our seventh principle).

Authors’ Note: On this Packet and Enough

This packet is intended to be a buffet for your consideration. We attempt to include many different resources with NO expectation that anyone will decide to consume them all! Rather, we are hoping that by including many voices, each one of you can find something that nourishes, inspires or challenges you. So pick and choose, curate this collection for what resonates with you, and let that be ENOUGH!

Spiritual Exercises

Exercise A. Beading Gratitude

Gather a small group of people, enough pretty beads in a bowl that there are four for each person, and ribbons for each person long enough to hold their beads. Sitting in a circle, pass out the ribbons and invite each person to share a meaningful connection in their lives. Then pass around the bead bowl, and as each person takes the first bead, invite each to share a gratitude for friends. With the second bead, invite each person to share a gratitude for an important thing you have learned and what it means to you now.



Photo: Live Oak UU Church, Goleta, CA

Passing the bowl the third time, take another bead and each person reflect on an aspect of nature that has been/is especially meaningful. With the fourth passing of the bowl, let each person reflect on another person or idea or connection that is especially

meaningful. Each person then strings the beads they have chosen onto their ribbon. The group might select to sing a song together here, and then each person hands their beaded ribbon to the next person who then attaches their ribbon to the growing string. When all ribbons have been connected, the completed string is passed around and each person has the opportunity to reflect on this exercise and the meaning of sharing in community.

Exercise B: Learn about Haudenosaunee culture and respect for nature



Photo Credit: Ira Stole

The Haudenosaunee culture has a deep respect for nature’s cycles and is based on caring for the earth so that its bounty can be used. The emphasis is on a cyclical honoring mode of cultivation rather than the exploitative model found in capitalist culture, on reusing and recycling rather than using up and discarding.

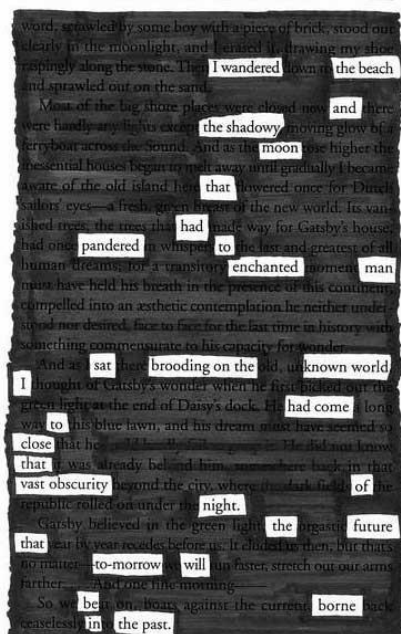
Join with other UUs from our region on November 9th or 19th at 10AM for a visit to the Seneca Art & Culture Center and a short hike on a guided trail. Please RSVP to Mary Lyubomirsky at 585-314-7901.

And/Or make a plan to visit Ganondagan at another time either alone or with a group, before October 31 if you would like to visit the Longhouse, for which there is a small entrance fee. And/Or investigate the information available on <https://ganondagan.org/> and in this publication from the Smithsonian: <https://americanindian.si.edu/sites/1/files/pdf/education/HaudenosauneeGuide.pdf>

Can learning more about a culture in tune with nature and being in honoring fellowship with nature enrich your understanding of how to be more appreciative of your gifts? What does it mean to learn about these ancient cultures with other members of your church community? Can a deeper appreciation of these traditions help you see how you have/are/do enough in this time?

Exercise C: Blackout poetry

Find a piece of page of text in a newspaper, magazine, or book you don’t mind altering. Scan the piece for words and/or phrases that catch your eye /has meaning to you today and circle them. Go back through text and look for words and phrases that might work with words already chosen, circle them. Then black out all the other words and read the poem or story you “found” in the text. Reflect on what it means to create by subtracting rather than adding. Does finding gems of



meaning inside an ordinary text illuminate other areas of your life? Does the poem you “found” lead you to further reflections?

Source: Poetry Soup

Questions for Reflection

1. Can you remember, from your childhood, an adult that made you feel you were special? – that you were good enough just as you are?
2. If you found that you spent a lot of time at home during the Pandemic, did you find that you noticed more about your home? Did you make any changes? Did you find yourself reorganizing or simplifying?
3. What were some creative projects you have done which gave you more energy vs. leaving you with depleted energy? How can a deeper appreciation of what you have done allow you to be gentle with yourself about what you feel is undone?
4. Share with your group about a place of refuge that you can access when you feel overwhelmed by the events surrounding you... What is it about that place which brings you calm? How do you feel when you’ve emerged from that place? How are you different in the world?
5. How might being present in feeling enough help give you the ability to resist the advertising pressure to buy more that surround us?
6. In what ways can reflection on being enough give you an increased ability to resist the toxic pull of perfectionism?
7. How can meditating on the richness and delight of the present moment help create an experience of enough?

Resources

Chalice Lighting:

[The Abundance of our Lives Together](https://www.uua.org/worship/words/chalice-lighting/abundance-our-lives-together) by Katie Gelfand <https://www.uua.org/worship/words/chalice-lighting/abundance-our-lives-together>

We light our chalice as a symbol of gratitude
as we celebrate the abundance of our lives together.

In this sanctuary we harvest bushels of strength for one another,
and offer our crop with the hands of compassion and generosity.

In the authentic and gentle manner of our connections,
we cultivate a simple sweetness to brighten our spirits.

May we be grateful for the ways we nourish and uplift each other,
For it is the sharing of this hallowed time together that sustains us.

Even This is Enough by Vanessa Southern, <https://www.uua.org/worship/words/prayer/even-enough>

If your body won't do what it used to, for right now let it be enough.

If your mind won't stop racing or can't think of the word, let it be enough.

If you are here utterly alone and in despair, be all that here with us.

If today you cannot sing because your throat hurts or you don't have the heart for music, be silent.

That we are enough. You are enough. Enough.

Moment of Silence Pastoral Prayer by Lori Walke

Can we just sit here for a minute, Holy One?

Some of us are carrying pretty heavy stuff.

.And we could all use a moment of peace.

To count our breath.

To quiet the noise.

To let our spirits be still.

Perhaps as we sit, we will count our blessings. Name them, one by one..

When all we have left in us is a moment of silence, help us trust that it is enough. You'll take care of the rest. Amen.

Chalice extinguishing:

Bask in that by Chelan Harkin

You are doing enough

*by growing basil in your front yard
and delighting in it.*

You are doing enough

by sitting still

and saying "thanks"

to whatever's around you.

You are doing enough

with this breath

and that one too.

You are doing enough

by being the canvas

*for all the intricate and unique designs
love draws within the heart*

*by sampling all the flavours
of light.*

Go ahead and take a break.

You've been invited to an orb

of mystery and joy!

Whoever says you can't bask in that

was just trying to use you

to make him more money.

The Miracle of the Ordinary by C.W. Huntington Jr. American religious scholar of Buddhist texts

To love in this sense is to surrender the compulsion to make things better... It is to experience this world, this life, as good enough. To find in this world, in this life, a place to rest. A home.

The miracle of the ordinary is as close as the cedar tree in our backyard . . . if only we can learn to let go, even for a moment, of our obsession with doing, with making things happen, controlling, explaining, manipulating, thinking.

The Great Mystery is always here

Music:

Enough, Malina Moye, [youtube.com/watch?v=Ofvch0DmyM8](https://www.youtube.com/watch?v=Ofvch0DmyM8)

My House, in *Matilda*, Dennis Kelly, [youtube.com/watch?v=lfQei64oOuc](https://www.youtube.com/watch?v=lfQei64oOuc)

That Would Be Enough in *Hamilton*, Lin Manuel Miranda [youtube.com/watch?v=OrGBnQCY-nk](https://www.youtube.com/watch?v=OrGBnQCY-nk)

Loosen Loosen, Aly Halpert, [youtube.com/watch?v=X-7XfaS7Mc](https://www.youtube.com/watch?v=X-7XfaS7Mc)

“Loosen Loosen baby. You don’t have to carry the weight of the world in your muscles & bones – let go, let go, let go ...”

Resources for Exercises:

Blackout Poetry: additional resources and examples. <https://writers.com/what-is-blackout-poetry-examples-and-inspiration>

<https://www.craftyourcontent.com/blackout-poetry/>

Ganondagan: Haudenosaunee Guide for Educators (Smithsonian Museum of the American Indian) <https://americanindian.si.edu/sites/1/files/pdf/education/HaudenosauneeGuide.pdf>

Ganondagan Arts and Cultural Center: <https://www.ganondagan.org/sacc>

Additional Library Resources

In addition to the links to hard copies of the books available through the Monroe County library system, the books are also available electronically via the Libby or Hoopla apps. See tutorials at the end of this packet.

Resources by Thread

Self:

The Sacred Depths of Nature by Ursula Goodenough

Monroe County Libraries – <https://catalogplus.libraryweb.org/?section=resource&resourceid=20843748>

“The manner of our acceptance. It can be disappointed and resentful; it can be passive and acquiescent; or it can be the active response we call assent. When my awe at how life works gives way to self-pity because it doesn’t work the way I would like, I call on assent—the age-old religious response to self-pity, as in “Why, Lord? Why This? Why Me?” and then, “Thy Will be Done.” As a religious naturalist I say “What is, is” with the same bowing of the head, the same bending of the knee. Which then allows me to say “Blessed Be to What Is” with thanksgiving. To give assent is to understand, incorporate, and then let go. With the letting go comes that deep sign we call relief, and relief allows the joy-of-being-alive-at-all to come tumbling forth again.” (pg 47)

We Are Whole by Beth Lefever

<https://www.uua.org/worship/words/meditation/175456.shtml>

“We are whole where we would doubt our own goodness, richness, fullness and depth, where we would doubt our own significance, our own profoundness. We are whole, even in our fragility; even where we feel fragmented, alone, insubstantial, insufficient. We are whole, even as we are in process, even as we stumble, even as we pick ourselves up again, for we are whole. We are whole.”

Children's Book: “I am Enough” by Grace Byers

Monroe County Library System –

catalogplus.libraryweb.org/?section=resource&resourceid=1236745573

Memoir: “More Than Enough” by Elaine Welteroth

Monroe County Library System –

catalogplus.libraryweb.org/?section=resource&resourceid=1530276385

Wabi Sabi: The Wisdom in Imperfection by Nobuo Suzuki

Perfection does not exist in the real world

It merely dwells in the mind of human beings

Not even the kami [gods] are perfect,

Nor do they aim to be so.

If the kami are not perfect

Nor wish to be so,

Why do we humans aspire to perfection?

Stuff:

Take What you need: Life Lessons After Losing Everything by Jen Crow Sr. Minister First Universalist Church of Minneapolis, previously serving First Unitarian Church of Rochester

Monroe County Library System:

<https://catalogplus.libraryweb.org/?section=search&term=Take%20What%20You%20Need>

“Some of the best advice I ever received with this: ‘In whatever situation you find yourself, take what you need and leave the rest behind.’ Don’t waste your energy arguing. Just take what you need and leave the rest behind. Over the years, I’ve found this advice works not only for family gatherings and twelve-step meetings but for the larger project of spiritual living, too. And the best news of all: this taking what we need and leaving the rest behind isn’t only a one-time thing. We can do it anytime. Looking back over our lives, we can hear the stories anew, choosing where to focus our attention and where to widen our view. We can let go of old ways of understanding that no longer serve us and we can wiggle our way free, becoming the meaning makers and the storytellers of our own lives. We get to choose what we need in a given moment. And what we need gets to change.”

What is Simple Living? vanillapapers.net/2020/07/07/what-is-simple-living-simplify-tips-quotes

“But simple living as a reaction against materialism is as old as antiquity – even if it’s now wrapped in a new package. Religious leaders from Buddha to Muhammed have advocated for a simpler life dedicated to self-knowledge and good deeds. And literary thinkers have left behind the excesses of their age to reconnect with life’s essence, from Henry David Thoreau and his sojourn to Walden Pond to Leo Tolstoy and his admiration for rural life.

Simple living is all about finding the beauty in less and putting quality over quantity. It’s about valuing things that make us happy instead of chasing status symbols or societal expectations. It’s a lifestyle that often includes cutting back and streamlining your possession and living a simpler and more intentional life. A life driven by what’s most important to you – not by possessions or status.”

The above link includes actionable steps for simpler living.

Connections:

Be the Blessing You Already Are, by John Gibb Millspaugh & Sarah Gibb Millspaugh

<https://www.uua.org/worship/words/ritual-prayer/be-blessing-you-already-are>

“As we have been blessed, so we bless one another to be a blessing. Breathe in, breathe out, this breath we share with all that breathes. Feel the love of the universe flowing through this community, into you, and out into the universe again. Let the love of all the universe—your love—flow outward, to its height, its depth, its broad extent. You are more than you know, and more beloved than you know. Take up what power is yours to create safe haven, to make of earth a heaven. Give hope to those you encounter, that they may know safety from inner and outer harm, be happy and at peace, healthy and strong, caring and joyful. Be the blessing you already are. That is enough. Blessed Be; Amen.”

Consistency and Constancy, by Leslie Takahashi

<https://www.uua.org/worship/words/prayer/consistency-and-constancy>

“Oh source of life

We are grateful for your consistency

Expressed in tree rings and rock formations, the half-life of stars and the depths of oceans
and in the gentle, persistent spinning of the planet.

Remind us of the constancy you need from us as well—

To temper our needs to fit within your limitations,
to suppress our desires so your life forces can persist.

In this day may we reconnect to our life-giving, breath-freeing connection with you
and in doing so, may we be reminded of the changes we must pursue
to make commitment to our planet our everyday devotion.”

The Inherent Wholeness of every being, by Erika A. Hewitt

<https://www.uua.org/worship/words/reading/inherent-wholeness-every-being>

We who are Unitarian Universalist not only affirm the inherent worth and dignity of every person; we also affirm the inherent wholeness of every being -- despite apparent brokenness.

No one reading these words is a stranger to pain, or the knowledge that things break, or break down: promises, friendship, sobriety, hope, communication.... this breaking happens because our human hearts and our very institutions are frail and imperfect. We make mistakes. Life is messy. Brokenness happens.

We're intimately acquainted with brokenness, then, even as we believe that no matter how fractured we are or once were, we can make whole people of ourselves. We are whole at our core, because of the great, unnameable, sometimes inconceivable Love in which we live....

In fact, sometimes the brokenness is immense and the only grasp, the only power we have over that large and complicated pain looming over us is to bear witness, to tell its story, and to seek out companions and helpers who are willing to agree that yes, there is something breaking or messy in front of us, and we will not leave or even look away until repair has begun.

If love begins with attention, repair takes the form of compassion, bearing witness, speaking out. Repair looks like connection, justice, or even revolution. It looks like after-school tutoring programs, community meals, and holding signs in front of City Hall. And it begins by placing full trust and faith that there is inherent wholeness in every broken situation.

From a Christian theologian: *The Liturgy of Abundance, The Myth of Scarcity*. Walter Brueggemann
American Protestant Old Testament scholar , Columbia University (retired)

religion-online.org/article/the-liturgy-of-abundance-the-myth-of-scarcity

The conflict between the narratives of abundance and of scarcity is the defining problem confronting us at the turn of the millennium. The gospel story of abundance asserts that we originated in the magnificent, inexplicable love of a God who loved the world into generous being. What we know about our beginnings and our endings, then, creates a different kind of present tense for us. We can live according to an ethic whereby we are not driven, controlled, anxious, frantic or greedy, precisely because we are sufficiently at home and at peace to care about others as we have been cared for.

From Jewish Tradition: <https://www.myjewishlearning.com/article/dayenu-it-would-have-been-enough>

The song, Dayenu – sung traditionally during the Passover Seder – lists all the blessing bestowed on the Jewish People, with each verse ending ‘it would have been enough’, but then goes on to list another blessing. By connecting to their history, and their sense of ‘enoughness’, the Jewish people remember their gratitude for past and present blessings. For example: If He had split the Sea for us and had not taken us through it on dry land; [it would have been] enough for us.

Social Action:

“Where your talents and the needs of the world cross, there lies your vocation.” Aristotle

Hope is a Muscle By Krista Tippett American journalist and author

<https://www.gq.com/story/krista-tippett-on-being-interview>

“I think that hope is a muscle. The hope that I see to be transformative and modeled in very wise people who have shifted something in their world—civil rights leaders to [social justice activist] Bryan Stevenson to [labor activist] Ai-jen Poo—it's not [idealistic]. I don't use the word idealism. I don't use the word optimism. It's not wishful thinking. It's not assuming that things will turn out all right. It's an insistence, looking at the world straight on as it is and rejecting the idea that it has to be that way, and then throwing your light and your pragmatism as much as your spirit at [that]. What does it look like if you don't accept it? That's how I think of it.”

Song of the Builders by Mary Oliver American poet

“On a summer morning I sat down on a hillside to think about God - a worthy pastime.
Near me, I saw a single cricket; it was moving the grains of the hillside this way and that way.
How great was its energy, how humble its effort.
Let us hope it will always be like this, each of us going on in our inexplicable ways building the universe.”

Children's Book: *We are Water Protectors* by Carole Lindstrom Anishinabe/Metis children's book author(includes pledge)

Monroe County Libraries –

<https://catalogplus.libraryweb.org/?section=search&term=We%20are%20water%20protectors>

The Story of Stone Soup: <https://blocs.xtec.cat/englishvalles3/files/2009/03/stone-soup-script.pdf>

While each villager thinks they don't have enough to feed their own family, they find that by contributing a little bit to the shared soup, all are fed. This classic tale has many variations, the link is to just to one of them.

Perfectionism:

The Theory of the Leisure Class (1912) by Thorstein Veblen Norwegian American economist

Monroe County Library System – catalogplus.libraryweb.org/?section=resource&resourceid=18720854

“For the great body of the people in any modern community, the proximate ground of expenditure in excess of what is required for physical comfort ...is a desire to live up to the conventional standard of decency in the amount and grade of goods consumed...A fresh advance in conspicuous expenditure is relatively easy; indeed, it takes place almost as a matter of course.” In other words, there is no limit to trying to keep up with the Jones!”

Our dangerous obsession with perfectionism is getting worse (Thomas Curran, Psychologist at the London School of Economics | TEDMED 2018)

https://www.ted.com/talks/thomas_curran_our_dangerous_obsession_with_perfectionism_is_getting_worse?utm_source=tedcomshare&utm_medium=email&utm_campaign=tedsread

Three Ways to Tame Toxic Perfectionism by Greg Orme, Business Author *Forbes*, May 11, 2022

<https://www.forbes.com/sites/gregorme/2022/05/11/three-ways-to-tame-toxic-perfectionism/?sh=720a3863316b>

“...too often, healthy perfectionism turns poisonous. In our hyper-connected, digital society, we have 24/7 access to the carefully curated lives of others. The never-ending scroll prompts us to aspire to a fictional, "perfect" life and career. Researchers link this mindset to anxiety, depression, early mortality, and suicide.” This article helps identify a perfectionist streak & take steps to reign it in.



Encanto – Perfectionism, Daily Graces, May 3, 2022

<https://dailygraces.net/2022/05/03/encanto-perfectionism/>

“Perfectionism is a dangerous thing. Perfectionism can hold us back from trying something new because we fear failing or being perceived as less than. Perfectionism forces us to be “on” all the time, constantly vigilant for any small slip that would show something not quite right. Perfectionism sets relationships up for unrealistic expectations that can never be met...”

([link](#) to video of Lin Manuel Miranda’s song, *What Else Can I Do?*)

Access to books:

1. Here’s a tutorial on using the Monroe Country Library system’s website to find a book and request that it be sent to a library near you: <https://www.youtube.com/watch?v=cQvhFRW6JaQ>
2. Some Tips for Accessing Books or Audiobooks from Libby or Hoopla Apps for Free:
 - You’ll need to have a library card number from your local library
 - You can download either app from Google Play or the Apple Store
 - Here are some youtube tutorials to get you started on each of the Apps:
 - Libby: https://www.youtube.com/watch?v=Bc3e3oR2_bE
 - Hoopla: <https://www.youtube.com/watch?v=4-f37DAd6Ng>