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| Final_SGM_logo | **Indulgence**  By Liz Macera  Too much of a good thing can be wonderful!― [Mae West](http://www.goodreads.com/author/show/259666.Mae_West) |
| Opening and Chailice Lighting (3) | Let us find time to settle, to sit quietly…, letting distractions go, refusing busy thoughts and uninvited images, to listen for the deeper Self that lives below the clamor of voices crying for our attention. Let us find time and places to enter the nourishing quiet that lies in the center of us all.--- adapted from Marv Hiles |
| Quiet Reflection (1) | Focus on being here and begin reflection on our topic for tonight. Our definition of indulgence is giving in to a sudden wish, impulse. |
| Sharing, Check-in (20 min, timed) | Take this time to share how you are spiritually, psychologically, emotionally, and physically. We want to know how you are in this moment. Share with us what you need in order to be fully present with the group. |
| Quiet Reflections (1) | *Let’s join together in a few moments of shared silence, holding what each of us has spoken, as well as what remains unspoken, within the circle of this group.* |
| Topic Readings (10) | The problem with people who have no vices is that generally you can be pretty sure they're going to have some pretty annoying virtues. ([Elizabeth Taylor](http://www.goodreads.com/author/show/1362310.Elizabeth_Taylor))  A human’s moral worth is not measured by what his religious beliefs rare, rather by what emotional impulses he has received from Nature in their lifetime.  (Albert Einstein)  Mistrust first impulse; they are mostly always good.  (Charles M. de Tallyrand)  If I like it, I buy it. (Kriston Kreuk)  To deny our own impulses, is to deny the very thing that makes us human.  (Matt Doran)  Most of us actually stifle enough good impulses during the course of a day to change the current of our lives.  (William Mauston)  Guilt is an indulgence, it entangles you in the past. ([Gregg Hurwitz](http://www.goodreads.com/author/show/82570.Gregg_Hurwitz))  Earth provides enough to satisfy every man's needs, but not every man's greed. ([Mahatma Gandhi](http://www.goodreads.com/author/show/5810891.Mahatma_Gandhi))  Anything worth doing is worth overdoing. ( [Mick Jagger](http://www.goodreads.com/author/show/152701.Mick_Jagger))  An over-indulgence of anything, even something as pure as water, can intoxicate. ([Criss Jami](http://www.goodreads.com/author/show/4860176.Criss_Jami), [Venus in Arms](http://www.goodreads.com/work/quotes/18853428))  And when all of the flourless chocolate cakes & chocolate mousse or ganache cakes have come and gone, there will still be nothing like a fudgy brownie, dry & crackled on top, moist & dense within, with a glass of cold milk. ([Richard Sax](http://www.goodreads.com/author/show/129098.Richard_Sax))  Life is an art, it requires practice to achieve greatness, but greatness is always waiting, ready to be attained. Beth Bullmer (UUA, from ICUU.net)  Why must there always be a price to pay for every indulgence, and why must it so often be withdrawn from the bankrupt accounts of the innocent? ([Andrew Levkoff](http://www.goodreads.com/author/show/5295982.Andrew_Levkoff), [A Mixture of Madness](http://www.goodreads.com/work/quotes/22378117))  When I go trout fishing, I carry everything I need for the day in my multipocketed vest and fanny pack. I begin at a place where a river crosses a road and hike upstream on an angler’s path, fishing as I go. Soon I am alone, with only the stream and the rest of nature as my companions. Fishing, I become one with my surroundings. I move carefully and quietly. At times, I pause to feast on wild raspberries or blueberries, enjoy the mating ritual of dragonflies, or drink in the fragrance of spruce trees and moss. Often, I just relax on a smooth rock in the sun, awash with the sights, scents, and sounds of the place. I feel in complete harmony with myself and all creation. (Peg Thompson “Finding Your Own Spiritual Path”)  Let the first impulse pass; wait for the second. (Baltasan Gracian)  Reason only controls individuals after emotions and impulses have lost their impetus.  (Carlton Simon)  Human’s chief merit consists in resisting the impulses of our nature.  (Robert Tolliver) |
| Break(7) | Quiet Contemplation |
| Sharing/Deep Listening (60 min, timed) | *Speak about this topic in any way that is comfortable to you. If you choose to use the questions, focus on just one or two, as this will allow you to explore the topic in more depth.*  We will have two rounds of speaking on this topic. First, speak about your perspective on indulgences. First:  How do you indulge yourself?  How do indulgence and self-care differ? Or are they the same?  Do you have planned indulgences or are they more spontaneous?  Are indulgences part of keeping yourself healthy?  What do you believe constitutes good quality of daily life for you?  Second round will focus on the relationship between indulgences and spirituality:  Does indulging in yourself allow you to give to others?  Is there an aspect of spirituality to indulgence?  Describe an event, in your recent experience, that has given you a sense of fulfillment. Talk about how it made you feel and why it was uplifting. Did you initiate it or did this happen unexpectedly?  What do indulgence and spiritual practice have in common? |
| Open Discussion (15 min) | *This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.* |
| Announcements (2) |  |
| **Closing Reading/ Extinguish Chalice**  (2 min.) | You do not have to be good.  You do not have to walk on your  Knees for a hundred miles  Through the desert, repenting.  You only have to let the soft animal  Of your body love what it loves.—Mary Oliver |