

NEW HORIZONS

March 2021

Vol 9, Issue 7



Theme Based Ministry Newsletter of the First Unitarian Congregation of Toronto

PATIENCE

This March, we mark a very significant anniversary, as we've been gathering online as a community for more than a year. Our first online service took place on Sunday, March 15th, 2020. Since then, we've all shown great patience in awaiting a time when we can gather together safely again.

In all the ways it has challenged us, the Covid-19 pandemic has given us an opportunity to practice patience: a virtue that has been prized by human beings throughout history.

As we've waited through lockdowns and anticipated vaccines, we've needed to practice patience not only on an individual level, but a societal one. As well, our congregation has been called toward patience in our search for a new home. Meanwhile, in our personal lives, we may face uncertainty in relationships, health, housing or employment. There are many times, in every life, when we need to "be still and allow the mud to settle," as the philosopher Lao-Tze said thousands of years ago.

Sometimes we may feel like the children in Stanford University's famous "marshmallow experiment" of the Seventies: wanting to satisfy our desires right away, rather than patiently wait for the time to be right. Yet despite our frequent desires to be efficient and productive, often a slow and patient approach leads to the most rewarding outcome.

As we at First Unitarian continue to wait for the right new location and an eventual return to in-person community, may we embrace our growing ability to be patient with ourselves, with others, and with life. As is often said at weddings, "love is patient and kind." May the patience we have learned this year continue to strengthen and guide us, in all the work of love and justice that we do.

Love,
Lynn

Upcoming Services

Sun March 7, 10:30 – International Women's Day

Rev. Shawn Newton

Sun March 14, 10:30 – For the Time Being

Rev. Shawn Newton

Sun March 21, 10:30 – Voices from Across Unitarian Universalism

Rev. Eric Meter

Sun March 28, 10:30 – Be Patient...

Rev. Lynn Harrison

Questions to Live With



1. At what times in your life have you practiced the most patience? What allowed you to do that?
2. What are the obstacles to patience that you've experienced?
3. Are you a more or less patient person than you used to be?
4. What are the ways that patience has rewarded you, during your lifetime?

For Inspiration

“Rivers know this: there is no hurry. We shall get there some day.”

- A.A. Milne, *Winnie-the-Pooh*

“The two hardest tests on the spiritual road are the patience to wait for the right moment and the courage not to be disappointed with what we encounter.”

- Paulo Coelho

“Knowing trees, I came to realize, understand and appreciate the act of patience.”

- Ogwo David Emenike

“Water does not resist. Water flows. When you plunge your hand into it, all you feel is a caress. Water is not a solid wall, it will not stop you. But water always goes where it wants to go, and nothing in the end can stand against it. Water is patient. Dripping water wears away a stone. Remember that, my child. Remember you are half water. If you can't go through an obstacle, go around it. Water does.”

- Margaret Atwood, *The Penelopiad*

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth.”

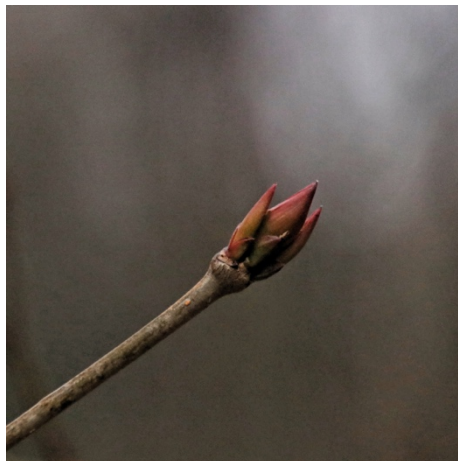
- 1 Corinthians 13: 4-7 (from the Christian New Testament)

“Have patience with everything that remains unsolved in your heart. Try to love the questions themselves, like locked rooms and like books written in a foreign language. Do not now look for the answers. They cannot now be given to you because you could not live them. It is a question of experiencing everything. At present you need to live the question. Perhaps you will gradually, without even noticing it, find yourself experiencing the answer, some distant day.”

- Rainer Maria Rilke, *Letters to a Young Poet*

“We were planting seeds of change, the fruit of which we might never see. We had to be patient.”

- Michelle Obama, *Becoming*



“A waiting person is a patient person. The word patience means the willingness to stay where we are and live the situation out to the full in the belief that something hidden there will manifest itself to us.”

- Henri J.M. Nouwen

“Seek patience and passion in equal amounts. Patience alone will not build the temple. Passion alone will destroy its walls.”

- Maya Angelou

“Above all, trust in the slow work of God. We are quite naturally impatient in everything to reach the end without delay. We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new. And yet it is the law of all progress that it is made by passing through some stages of instability—and that it may take a very long time.

And so I think it is with you; your ideas mature gradually—let them grow, let them shape themselves, without undue haste. Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow.”

- Pierre Teilhard de Chardin

“Don't try to rush things: for the cup to run over, it must first be filled.”

- Antonio Machado

“Trying to understand is like straining through muddy water. Have the patience to wait! Be still and allow the mud to settle.”

- Lao Tze, Tao Te Ching

“Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time.”

- Jon Kabat-Zinn, Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

“Have patience with all things but first with yourself. Never confuse your mistakes with your value as a human being. You are perfectly valuable, creative, worthwhile person simply because you exist. And no amount of triumphs or tribulations can ever change that.”

- Frances de Sales

“We could never learn to be brave and patient if there were only joy in the world.”

- Helen Keller



Join a Journey Group

Journey Groups are the best way to go deeper with our monthly theme by sharing with a small group of people for a couple of hours each month. Groups meet online on Zoom and are scheduled at different times during the month. For more information, visit our website <https://firstunitariantoronto.org/journey-groups/>, or look for the link in First Light.

Upcoming Monthly Themes

April: Acceptance | May: Truth & Lies | June: Time

New Horizons Editing Team: Wendy Peebles, Jeanne Van Bronkhorst, Margaret Kohr, Josée Thibault, Rev. Shawn Newton, Rev. Lynn Harrison

First Unitarian Congregation of Toronto



Seek • Connect • Serve

175 St. Clair Avenue West
Toronto, Ontario M4V 1P7
416-924-9654

