

USG SGM ~ INTEGRITY ~ JANUARY 2020

drawn from Soul Matters materials, see the full packet for more of all of these elements
www.soulmatterssharingcircle.com



Intro

We know the usual “integrity advice”: Build your character! Get better at being honest, with others and yourself! It’s about addition, we’re told. Being better. Becoming more.

But our faith ... says it’s more complicated than that. Some subtraction is also needed. Removal needs to occur. The path to be needs cleared. ...

We know that integrity is about the way we act: acting in alignment with our values, acting honestly, acting faithfully. In this sense, it is forward-looking. But it’s easy to forget that integrity also is about looking backward. In other words, it’s not just about how well we act; it’s about how well we remember. Important life lessons come our way. Some of them stick and some slip away. Our integrity is determined by whether we remember them or forget, whether we hold our life lessons close or let them evaporate. ...

Spiritual Exercise: *Counting Your Values on Your Hand*

Integrity and value-clarity go hand in hand. But do we really take the time to name and bring our core values into awareness? And do our self-proclaimed values match how others see us? This exercise invites you to wrestle with both of these questions.

To keep it simple, we’ve created a list of values below. Here’s how to engage it:

1. Pick your five core values from the list.
2. Give a blank copy of the list to someone close to you and ask them to pick the five they think are your core values, without letting them know which you picked earlier.
3. Compare lists and discuss the differences, as well as why each of you picked what you did.
4. Come to your group ready to share insights

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|-----------------------|-----------------------|----------------|--------------------|
| • accountability | • courage | • hard work | • personal growth |
| • achievement | • creativity | • health | • physical fitness |
| • adventure | • diversity | • honesty | • self-care |
| • authenticity | • education | • humility | • self-discipline |
| • balance (work/life) | • excellence | • humor/ fun | • self-respect |
| • boldness | • fairness | • independence | • social justice |
| • mentoring others | • faithfulness | • job security | • spirituality |
| • charity | • family | • kindness | • success |
| • commitment | • financial stability | • leadership | • trust |
| • community | • forgiveness | • learning | • vulnerability |
| • compassion | • freedom | • loyalty | |
| • competence | • friendship | • originality | |
| | • generosity | • patience | |

Taking it Deeper

Here are some additional questions and an activity to explore more:

- From your selected five values, which one would you like to live into more fully?
- What were your parent(s) five core values? In what way are your core values and theirs the most same and the most different?
- Which of your core values are most directly and deeply related to your UU faith? i.e. which value would not be on the list if it wasn’t for your faith?
- What’s the newest value to make it on to your list of top five? Which value did it “replace”? Did that happen consciously? Or did the shift sneak up on you?
- Take this online values test and see if it reveals anything new: <https://www.valuescentre.com/tools-assessments/pva/>

Chalice Lighting

.... Our personality is the mask we wear. A mark of spiritual growth is when we stop polishing the mask and instead start working on our character. *Christopher L. Heuertz*

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

On some questions, Cowardice asks the question, "Is it safe?" Expediency asks the question, "Is it polite?" And Vanity comes along and asks the question, "Is it popular?" But Conscience asks the question, "Is it right?" And there comes a time when we must take a position that is neither safe, nor politic, nor popular, but we must do it because Conscience tells us it is right. *Martin Luther King Jr*

I am no longer accepting the things I cannot change. I am changing the things I cannot accept. *Angela Y. Davis*

Integrity goes beyond speaking the truth to include taking responsibility for how one thinks and feels and what one does. *Ben Dean*

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 integrity means for you and your daily living.

1. What's your "integrity path"? Is integrity for you about staying faithful, allowing yourself to unfold, putting the pieces back together, matching your insides with your outsides or refusing to hide?
2. What did your family of origin teach you about telling the truth? How about telling the truth *of yourself*?
3. Which of society's lies was the hardest for you to shake off? Some examples: "You are what you have," "You are what you do," "You are what other people say or think about you."

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

This Little Light of Mine

1. This little light of mine *etc.*
2. Everywhere I go *etc.*
3. All around the neighborhood *etc.*
4. Hide it under a bushel? NO! *etc.*

Extinguishing the Chalice

Be yourself, everyone else is taken. Oscar Wilde