

USG SGM ~ Wholeness ~ April, 2019

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



Intro

As odd as it sounds, we were meant to be broken, broken open to be exact. Over and over again, our faith reminds us that protecting our personal wholeness is only half the game. The equally important part of life's journey is about letting in the wholeness of the world!

And so the wholeness offered us is not that returning our lives to their original state but working with what remains to make something new. The shards are not pieces of a puzzle that needs put perfectly back together, but building blocks waiting to be molded into a yet to be imagined form. To be made whole again is to be reorganized, not restored.

It's about cultivating cracks on purpose. It's about becoming intentionally exposed. As [Leonard Cohen](#) famously put it "Cracks are how the light gets in."

So, in the end, maybe that's our most important "wholeness question": How are your cracks inviting you to become larger? What cracks do you need to cultivate on purpose?

Spiritual Exercises

Option A: Name Your Names

Israeli poet, Zelda, speaks powerfully to this month's theme with her poem, *Each of Us Has A Name*. With it, she reminds us that our wholeness is not so much a matter of holding tight to your one true name, but embracing the many names given to us by the experiences of our lives. The full poem can be found at <https://www.lilith.org/articles/each-of-us-has-a-name/>, here's a taste:

*Each of us has a name given by God and given by our parents...
Each of us has a name given by the mountains and given by our walls...
Each of us has a name given by our sins and given by our longing...*

So, this month, you are invited to reflect on how these universal experiences have "named you." Spend a few hours or a few days going through Zelda's poem line by line, stopping after each one to think about how that experience imprinted itself on you and added a dimension to your wholeness, for better or worse.

Option B: Test to See Which Wholeness is Yours

Some personality tests help us identify our strengths; others our unique ways of perceiving the world. The Enneagram aims to capture us in our wholeness. It helps us understand ourselves at our best and our worst. It is also based on how we deal with (maintain and restore our wholeness in the face of) stress and fear. So this month, engage the Enneagram and what it says about the best and not-so-best of your whole self. Here are some ways into the work:

Read About the Various Enneagram Personality Types:

- A quick overview of the types: <https://www.popsugar.com/news/What-Enneagram-Test-44593655>
- A detailed description of each type: <https://www.enneagraminstitute.com/type-descriptions/>
- The types framed in terms of one's fears: <https://thoughtcatalog.com/heidi-priebe/2015/11/if-youre-confused-about-your-enneagram-type-read-this/>

Take the Test: Choose one of these or try them both...

- A 36 question test: <http://www.9types.com/newtest/>
- A longer a 60 question test: <https://similarinds.com/test.html>

Chalice Lighting

Happiness is just one part of our existence, wholeness is to embrace all that is within us. It's to embrace our shadow qualities, to embrace our self-doubt, fear, anxiety, as well as the brightness, joy, and curiosity. It is all welcome. ~ Dan Putt

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

We are each of us angels with only one wing, and we can only fly embracing each other.

~ Luciano De Crescenzo

He drew a circle that shut me out-
Heretic, rebel, a thing to flout.
But love and I had the wit to win:
We drew a circle and took him in!
~ Edwin Markham

It is easier to live through someone else than to become complete yourself.
~ Betty Friedan

You need only claim the events of your life to make yourself yours. When you truly possess all you have been and done...you are fierce with reality.
~ Florida Scott-Maxwell

If I am to let my life speak things I want to hear ... I must also let it speak things I do not want to hear and would never tell anyone else! My life is not only about my strengths and virtues; it is also about my liabilities and my limits, my trespasses and my shadow. An inevitable though often ignored dimension of the quest for 'wholeness' is that we must embrace what we dislike or find shameful about ourselves as well as what we are confident and proud of.
~ Parker Palmer

If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.
~ The Gospel of Thomas

This being human is a guest house. Every morning a new arrival. A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor. Welcome and entertain them all!
~ Jellaludin Rumi, translation by Coleman Barks

In many shamanic societies, if you came to a medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions: When did you stop dancing? When did you stop singing? When did you stop being enchanted by stories? When did you stop finding comfort in the sweet territory of silence? ~ Gabrielle Roth

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 wholeness means for you and your daily living.

1. In what *space or place* do you feel most whole? How often do you spend time there?
2. When did you first discover that repairing the world is one of the best ways to put yourself back together?
3. What part of yourself hasn't been let out in a while?
4. Masks hide our wholeness but sometimes they keep it safe. Has that ever been true for you?
5. How can we live in a way that honors our Universalist heritage: everyone is loved and worthy; no exceptions?

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

The River, Cocoa Love Alcorn

https://www.youtube.com/watch?v=S7L_hA0ideM

and/or Cocoa with the Rhythm and Roots Choir

<https://www.youtube.com/watch?v=LCzZg5vwWS8&list=RDNHtuHY3Mj6Q&index=3>

Extinguishing the Chalice

As a Unitarian Universalist, I have come to see that universal salvation is not just for all of us but for all of me. There is no crevice inside of me that love cannot touch. ~ Paula Goldade, UU and Wellspring participant