

## USG Racial Healing SGM ~ December ~ 2020

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

[www.soulmatterssharingcircle.com](http://www.soulmatterssharingcircle.com)



### To Engage Before We Meet (Any or All)

#### Keeping Quiet

Now we will count to twelve  
and we will all keep still  
for once on the face of the earth,  
let's not speak in any language;  
let's stop for a second,  
and not move our arms so much.

It would be an exotic moment  
without rush, without engines;  
we would all be together  
in a sudden strangeness.

Fishermen in the cold sea  
would not harm whales  
and the man gathering salt  
would not look at his hurt hands.

Those who prepare green wars,  
wars with gas, wars with fire,  
victories with no survivors,  
would put on clean clothes

and walk about with their brothers  
in the shade, doing nothing.

What I want should not be confused  
with total inactivity.  
Life is what it is about;  
I want no truck with death.

If we were not so single-minded  
about keeping our lives moving,  
and for once could do nothing,  
perhaps a huge silence  
might interrupt this sadness  
of never understanding ourselves  
and of threatening ourselves with death.  
Perhaps the earth can teach us  
as when everything seems dead  
and later proves to be alive.

Now I'll count up to twelve  
and you keep quiet and I will go.  
~ Pablo Neruda

#### Video Meditation featuring Pablo Neruda's poem *Keeping Quiet*

<https://www.youtube.com/watch?v=k5kjfqbt-FA>

#### Info about Watch Night which the videos below are about:

<https://www.britannica.com/topic/Watch-Night>

#### Watch Night: An Extended Public Service Announcement Terrance Hayes (short and long versions)

<https://thegeorgiareview.com/posts/an-extended-public-service-announcement/> 4 and a half minutes

<http://www.roundofilms.com/watchnight> 12 and half minutes

#### Loitering Is Delightful by Ross Gay

<https://www.theparisreview.org/blog/2019/02/11/loitering-is-delightful/>

Excerpt: "The Webster's definition of loiter reads thus: "to stand or wait around idly without apparent purpose," and "to travel indolently with frequent pauses." Among the synonyms for this behavior are linger, loaf, laze, lounge, lollygag, dawdle, amble, saunter, meander, putter, dillydally, and mosey. Any one of these words, in the wrong frame of mind, might be considered a critique or, when nouned, an epithet ("Lollygagger!" or "Loafer!")... All of these words to me imply having a nice day. They imply having the best day. They also imply being unproductive. Which leads to being, even if only temporarily, nonconsumptive, and this is a crime in America, and more explicitly criminal depending upon any number of quickly apprehended visual cues. For instance, the darker your skin, the more likely you are to be "loitering"..."

## Music

Stop Where You Are, Corinne Bailey Rae

<https://www.youtube.com/watch?v=UdBFSqWU0Fw&list=PLvXOKgOQVYP5uJ-X8EQyDclhOdHauBuK1&index=3>

Stillness of Heart, Lenny Kravitz

<https://www.youtube.com/watch?v=SP6HACvtPUw&list=PLvXOKgOQVYP5uJ-X8EQyDclhOdHauBuK1&index=9>

## Session Plan

**Chalice Lighting** A day of Silence can be a pilgrimage in itself. A day of Silence can help you listen to the Soul play its marvelous lute and drum. [Hafiz](#)

## Music for Gathering/Centering

Inner Peace, Beautiful Chorus <https://www.youtube.com/watch?v=hS-Y8dYD-Bg&list=PLvXOKgOQVYP5uJ-X8EQyDclhOdHauBuK1&index=13>

**Check-in** *Share your highs and lows since we last met focusing on what drains you and what lifts you up or where racism is showing up in your life. 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

Stillness is the First Proof of God's Presence ~ Sri Daya Mata

After one milks a cow, filling the pail to the brim, if he then carries it carelessly, spilling all the contents on the way to the house, there was no point in collecting the milk, because it has all been wasted. The same is true about meditation: After achieving stillness within, it is important to very carefully, watchfully carry that pail of peace with us throughout the entire day, drinking deeply from it. ~ [Sri Daya Mata](#)

Out beyond ideas of wrong doing and right doing there is a field. I'll meet you there. When the soul lies down in that grass the world is too full to talk about. ~ Rumi

Rest is a form of resistance because it disrupts and pushes back against capitalism and white supremacy. ~ [Tricia Hersey](#)

## Question

How does stillness interact with racism and white supremacy?

**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

Blink Twice, Joy Oladokun

<https://www.youtube.com/watch?v=IwNP3MWTUHI&list=PLvXOKgOQVYP5uJ-X8EQyDclhOdHauBuK1&index=7>

## Extinguishing the Chalice

Peace, happiness, and joy is possible during the time I drink my tea. ~ Thich Nhat Hanh