

## USG SGM ~ Play ~ June 2021

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



Welcome to the month of play. May we all take it seriously!

### Spiritual Exercises

#### Option 1: Skip the Games and Tell a Joke

Games are great but who doesn't love to tell and hear jokes?! Play together by having everyone hunt down, bring in and tell two of their best jokes!

Now be careful; this is trickier than it may seem. You might already know your two ringers. Good for you. You could certainly leave it at that. But an alternative might be to spend a week asking your family and friends what their favorite jokes are and then picking your two favorites from those choices! This way you get to play at receiver and teller of the joke!

#### Option 2: Go On a Playdate

This is another way to actually play rather than just talk about it all month: Ask your partner or friend to go on a "play date." What makes up that play date is up to you. That's half the fun! And half the exploration. By deciding together what to do, you might discover something entirely new about how your partner or friend defines play and fun.

While you need to figure it out for yourself, here are some ideas to spark your imagination: Get lost on purpose, [axe throwing](#), a mini road trip, giving paddle boarding a try, hit the golf driving range, fly a kite, play [cornhole](#), mini golf or better yet frisbee golf. Or maybe make it a double or triple play date and invite over other couples to play [The Newlywed or Best Friend Game](#).

#### Chalice Lighting

Let us arrive as children to this huge playground – the universe. - [Roger Bourland](#)

**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

- In rare moments of deep play, we can lay aside our sense of self, shed time's continuum, ignore pain, and sit quietly in the absolute present, watching the world's ordinary miracles. No mind or heart hobbles. No analyzing or explaining. No questing for logic. No promises. No goals. No relationships. No worry. One is completely open to whatever drama may unfold.  
- [Diane Ackerman](#)
- You can discover more about a person in an hour of play than in a year of conversation. - [anonymous](#)
- To play is to listen to the imperative inner force that wants to take form and be acted out without reason. It is the joyful, spontaneous expression of oneself.  
- [Michelle Cassou and Stewart Cubley](#)

- The children sat in a circle around him & he said, I don't believe in life anymore & no one said anything for a while because he was older than they were & maybe knew something they didn't, but then someone said, let's play a game & someone said, Spy & someone else said, Chase & soon there was no one there but the man sitting alone. - [StoryPeople](#)
- I count that day lost when I am not moved to laughter or tears, but even more if I have not played. - George Sheehan
- It is interesting that Hindus, when they speak of the creation of the universe, do not call it the work of God, they call it the play of God, the Vishnu-lila, lila meaning "play." And they look upon the whole manifestation of all the universes as a play, as a sport, as a kind of dance. - [Alan Watts](#)
- I tell you; we are here on Earth to fart around and don't let anybody tell you different. - Kurt Vonnegut

**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 play means for you and your daily living.*

1. What makes something play for you? When you feel free from the burden of producing an outcome? When creativity is involved? When you lose time? When you can just be yourself? All of the above? Something else?
2. What forms of childhood play have lasted into your adulthood? What has enabled that? What makes you especially grateful for it?
3. What is the opposite of play?
4. When has play saved or healed you?
5. What saying regarding play captures a key storyline in your life right now: playing it up, playing it down, playing fair, playing for keeps, playing favorites, playing it safe, playing hardball, playing house, playing it by ear, playing second fiddle, playing right into their hands, throwing away the playbook, played out, playing hard to get, playing possum, playing with fire?

**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.*

**Song** - Katrina & The Waves, Walking On Sunshine

[https://www.youtube.com/watch?v=9MTAhQIPMOU&list=PLvXOKgOQVYP5SHq2a8Rrv\\_rouTzvCDHrH&index=4](https://www.youtube.com/watch?v=9MTAhQIPMOU&list=PLvXOKgOQVYP5SHq2a8Rrv_rouTzvCDHrH&index=4)

**Extinguishing the Chalice**

The world of play favors exuberance, license, abandon. [In it,] selves can be revised.

- [Diane Ackerman](#)