

USG Racial Healing SGM ~ Play ~ June, 2021

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

www.soulmatterssharingcircle.com



To Engage Before We Meet (Any or All)

Videos

Seesaws Across the Border (52 seconds)

<https://www.cnn.com/2019/07/30/us/seesaws-border-wall-us-mexico-trnd/index.html>

The Joy of Playing with Letters <https://www.youtube.com/watch?v=tjAl9NFeSRo> (52 seconds)

Playfully Singing on the Way to Work! <https://www.youtube.com/watch?v=xctzp0dp9uc> (4:37)

Caine's Arcade <https://www.youtube.com/watch?v=falFNkdq96U> (10:58)

Playing with Tubes <https://www.youtube.com/watch?v=cG0jprCQ6Ak> (3:54)

[The Big Flower Fight](#) Netflix show, trailer (1:34)

Music

Pharrel Williams, Happy <https://www.youtube.com/watch?v=ZbZSe6N BXs>

Joseph Vincent, Don't Worry Be Happy (cover) <https://www.youtube.com/watch?v=cnC9jdsM1M>

Rhaiannon Giddens and Iron & Wine, Forever Young <https://www.youtube.com/watch?v=KHMIzXG339Y>

Session Plan

Chalice Lighting

Don't play the saxophone. Let it play you. Charlie Parker

Check-in *Share how you are doing in general and about where you are on your racial healing journey this month.*

Music for Inspiration

Ruthie Foster, Joy Comes Back <https://www.youtube.com/watch?v=ZXp4BfMtQ-c>

Sitting in Silence

Questions

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 did you learn from the games you played as a child? Monopoly, King of the Hill and Dodge Ball certainly instill different lessons than Red Light; Green Light, Clue, Jump-Rope, Pictionary or Hopscotch. What lessons from your favorite childhood games do you notice "playing out" for you in the present?
3. What is the opposite of play?
4. Can play be a form of political resistance?
5. When has play saved or healed you?
6. What would it look like to sneak a bit of playfulness into your daily chores? Your dinner prep? Morning commute? Exercise routine? Workday? Your relationship?

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 reflect briefly on 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

Ebony Hillbillies, Wang Dang Doodle <https://www.youtube.com/watch?v=gzbt4xyZWC8>

Extinguishing the Chalice