

USG Racial Healing SGM ~ Renewing Faith ~ March, 2022

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

www.soulmatterssharingcircle.com



Session Plan

Chalice Lighting There is always light. Only if we are brave enough to be it. Amanda Gorman

Check-in *Share how you are doing and about any racial healing that has occurred recently.*

Quotes for Inspiration/Readings

Faith is taking the first step even when you can't see the whole staircase. Rev. Dr. Martin Luther King, Jr.

The point is that in almost every instance of our lives we are, if we pay attention, in the midst of an almost constant, if subtle, caretaking. Holding open doors. Offering elbows at crosswalks. Letting someone else go first. Helping with the heavy bags... Pulling someone back to their feet. Stopping at the car wreck, at the struck dog... This caretaking is our default mode and it's always a lie that convinces us to act or believe otherwise. Always. Ross Gay

Do not believe anything just because I said it. Put it into practice. See for yourself if it's true. Buddha, in the Kalama Sutta

I cannot be an optimist but I am a prisoner of hope. Cornel West

The moment we break faith with one another, the sea engulfs us and the light goes out. James A. Baldwin

Questions

1. What have you trusted since childhood? What have you never lost faith in?
2. Has your faith in humanity increased or decreased as you've grown older?
3. How is your faith in democracy doing?
4. Has age allowed you to be more or less faithful to your true self?
5. Do you think faith in the American dream is dying?
6. Do you regret the time you were too scared to take that leap of faith?
7. Have you ever been made trustworthy by someone who risked putting their trust in you?
8. Has too much doubt ever gotten you into trouble?
9. Is it possible your doubting is partially a way to avoid risking a leap of faith that scares you?
10. Despite its losses and challenges, Covid has clarified priorities for many of us. So, because of covid, what are you now more faithful to?
11. Is it time to take that leap of faith? You do know, don't you, that we weren't meant to make our homes on the safe edge of the cliff.

Three Deep Breaths

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 Michael Kiwanuka, Solid Ground <https://www.youtube.com/watch?v=WldBQszglwI>

Extinguishing the Chalice As you start to walk out on the way, the way appears. Rumi