

USG Racial Healing SGM ~ Nurturing Beauty ~ May, 2022

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

www.soulmatterssharingcircle.com



Session Plan

Chalice Lighting

At some point in life the world's beauty becomes enough. You don't need to photograph, paint or even remember it. It is enough. No record of it needs to be kept and you don't need someone to share it with or tell it to. Toni Morrison in *Tar Baby*

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

Questions

1. When were you first healed by beauty?
2. When were you first protected by beauty?
3. When did beauty first teach you something?
4. When was beauty a doorway to the divine?
5. What makes a beautiful soul? What do you do to beautify your own soul?
6. What did your family of origin teach you about what it means "to be beautiful"?
7. What parts of life have grown more beautiful as you've aged?
8. What's something you know now about beauty that you didn't know when you were 16 years old?
9. "If the words spoke appeared on your skin, would you still be beautiful?" ([source](#))
10. Is beauty a private thing for you? Or do you need to share it with someone for the experience to be complete?
11. What if beauty isn't something we encounter but something we become?
12. Who in your life needs to be told they are a beautiful soul?
13. Have you ever experienced a "beautiful goodbye"?

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 Beauty in the World, Macy Gray <https://www.youtube.com/watch?v=0qX7ZsxD3Ik>

Extinguishing the Chalice

This a wonderful day. I've never seen this one before. Maya Angelou