

## USG Racial Healing SGM ~ Celebrating Blessings ~ May, 2022

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

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



### Session Plan

#### Chalice Lighting

The thing to do, it seems to me, is to prepare yourself so you can be a rainbow in somebody else's cloud. Somebody who may not look like you. May not call God the same name you call God - if they call God at all. I may not dance your dances or speak your language. But be a blessing to somebody. That's what I think. Maya Angelou

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

#### Quotes for Inspiration/Readings

I'm a blessing to whoever gets to really know me. DMX

I'm doing things that feel good to my soul. I've had plenty opportunity to do other things, but it didn't feel right, and it wasn't right. And if it feels like work, then it's work. But if you have that opportunity to do what you love, and you can make a living out of it, then that's a blessing and I never take that for granted. Xzibit

Every day I feel is a blessing from God. And I consider it a new beginning. Prince

True friendship multiplies the good in life and divides its evils. Strive to have friends, for life without friends is like life on a desert island... to find one real friend in a lifetime is good fortune; to keep him is a blessing. Baltasar Gracian

Whatever you go into, you have to go in there to be the best. There's no formulas. It's all about passion and honesty and hard work. It might look glamorous, but it takes a lot of hard work. The blessing with the arts is that you can do it forever. Hugh Masekela

I believe that rejection is a blessing because it's the universe's way of telling you that there's something better out there. Michelle Phan

We all are so deeply interconnected; we have no option but to love all. Be kind and do good for any one and that will be reflected. The ripples of the kind heart are the highest blessings of the Universe.

Amit Ray, Yoga and Vipassana: An Integrated Life Style

#### Questions

1. When in your life have you most felt like you were a blessing?
2. How would you complete the sentence: "I've been blessed with \_\_\_\_\_."?

3. What was the most significant blessing of your family system? Your birth order? Having a large extended family? Having a special relationship with your parents or siblings? Having a parent who wasn't like other parents? A special family ritual? Your family's love of books, or food or jokes?
4. What summer in your life contained the most blessings? Is there any part of you that wants to recreate or re-experience some of those blessings this summer?
5. What role has the blessing of friendship played in your life?
6. What blessing did the religion of your childhood leave you?
7. Is there anything held in common by the people you know who feel blessed by life? What do they have to teach you about "the secret to feeling blessed"?
8. They say blessings come when we are still enough to notice them. How good are you at being still?
9. Has a loss ever led to a blessing for you?
10. Has an obligation or burden ever surprised you with a blessing?
11. Have you ever witnessed anger offering a blessing?
12. Is it possible that feeling cursed or cheated is playing itself out in your life in unnoticed - or unwanted - ways?
13. Have you thanked your various "fathers" for their blessings? Many of us have more than one father figure in our lives. When was the last time you told them thanks for their gifts? And let them know you carry them and their influence with you still?

### **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**

Blessings on Blessings, Anthony Brown

<https://www.youtube.com/watch?v=p58HS6h3l10>

#### **Extinguishing the Chalice**

Live your truth. Express your love. Share your enthusiasm. Take action towards your dreams. Walk your talk. Dance and sing to your music. Embrace your blessings. Make today worth remembering.

Steve Maraboli, *Unapologetically You: Reflections on Life and the Human Experience*