

USG Racial Healing SGM ~ The Path of Change ~ November, 2022

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

www.soulmatterssharingcircle.com



Session Plan

Chalice Lighting

I wonder, particularly in a time where everything seems urgent, what the role of pause and breath is, in this season, to help us gear up for whatever this transformational moment we find ourselves in is. [Rev. Jen Bailey](#)

Check-in

Share how you are doing and about recent experiences with racism and/or racial healing.

Quotes for Inspiration/Readings

That broken thing you keep trying to put back together is keeping your life from that beautiful thing that is waiting to be built. [Trent Shelton](#)

The time will come
when, with elation,
you will greet yourself arriving
at your own door, in your own mirror...[Derek Walcott](#)

There is something dying in our society, in our culture, and there's something dying in us individually. And what is dying, I think, is the willingness to be in denial.

[Rev. Angel Kyodo Williams](#)

When we identify where our privilege intersects with somebody else's oppression, we'll find our opportunities to make real change. [Ijeoma Oluo](#)

Once a reporter asked him, "Do you really think you are going to change the policies of this country by standing out here alone at night in front of the White House with a candle?" A.J. Muste replied softly: "Oh I don't do this to change the country. I do this so the country won't change me." [Andrea Ayvazian](#)

Not everything that is faced can be changed, but nothing can be changed until it is faced. [James Baldwin](#)

Questions

1. If you could change one thing about your past, what would it be?
2. How good was your family at changing their minds and admitting they were wrong? And how has that shaped you?
3. If you could reclaim a trait or strength from your childhood self, what would it be?
4. What do you wish your 16-year-old self would have known or felt to make the changes of your teenage years easier? What do you wish your 25-year-old self would have known to make their life changes easier?
5. Are you sure that it is too late to try?
6. It's what [many of us fear](#) the most: becoming reconciled to injustice, resigned to fear and despair, lulled into a life of apathy. Have you put in enough strategies to avoid this fate?
7. If you could easily let go of one grudge, wound or regret, what would it be?
8. Sure, "they" need to change. But how might *you* changing something about yourself enable that?
9. Would your 5th grade self still recognize you as "you"?
10. What do you wish you would have changed your mind about earlier?
11. What part of you no longer exists? How are you *truly and radically* different than your younger self?
12. Is that broken thing you keep trying to put back together keeping your life from that beautiful thing that is waiting to be built? ([Trent Shelton](#))

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

Rhiannon Giddens, I'm On My Way <https://www.youtube.com/watch?v=a4Xlyi8Is98>

Extinguishing the Chalice

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. *Anais Nin*