

USG Racial Healing SGM ~ Courage ~ October, 2022

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

www.soulmatterssharingcircle.com



Session Plan

Chalice Lighting

We don't have to be pollyannish, or fatalistic. We can just be human. We can be messy, imperfect, contradictory, broken. We can recognize the difference between hopelessness and helplessness. Because what if we've been doing the equation backward? What if hope isn't what leads to action? What if courage is what leads to action and hope is what comes next? *Mary Annaise Heglar*

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

Quotes for Inspiration/Readings

Next time, ask: What's the worst that will happen? Then push yourself a little further than you dare. Once you start to speak, people will yell at you. They will interrupt you, put you down and suggest it's personal. And the world won't end. And the speaking will get easier and easier. And you will find you have fallen in love with your own vision, which you may never have realized you had. And you will lose some friends and lovers and realize you don't miss them. And new ones will find you and cherish you... And at last you'll know with surpassing certainty that only one thing is more frightening than speaking your truth. And that is not speaking it. *Audre Lorde*

Questions

1. What fears did your family of origin pass on to you?
2. What is the greatest act of courage that you directly witnessed? And how did it change you?
3. Has bravely not running away ever produced surprising results?
4. Are you being called to bravely not run away today?
5. What do you know now about courage that you didn't know when you were younger?
6. What seems more dangerous these days? Pessimism or optimism?
7. Is life calling you to make a "leap of faith"?

8. How would your life be enriched by bravely forgiving someone? Maybe even yourself?
9. What if [Adrienne Maree Brown](#) is right that joy and self-love are among today's most courageous acts of resistance?
10. In resistance to white supremacy culture, what are you courageous enough to stop normalizing? (inspired by [sonyareneetaylor](#))
11. Is it time to tell someone how scared you really are?
12. Is safely tiptoeing around "it" making you ill?
13. Where are you saying "yes" when you need to courageously say "no"?
14. What if fear is an indicator of what you deep down long for and want to do?
15. Has comfort led you to forgetting what courage feels like?
16. Instead of standing up and speaking out, is courage now asking you to sit down and listen?

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

Indie.Arie, Strength Courage and Wisdom

<https://www.youtube.com/watch?v=zV4ml6kodOY>

Extinguishing the Chalice

We need the courage to question the powers that be, the courage to be impatient with evil and patient with people.... In many instances we will be stepping out on nothing, and just hoping to land on something. But that's the struggle. To live is to wrestle with despair, yet never allow despair to have the last word. *Cornel West*