

USG SGM ~ Delight ~ June, 2023

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

Chalice Lighting The banquet is in the first bite. - Michael Pollan

Check-in *Share your highs and lows since we last met focusing on what drains you and what lifts you up. We give each other the gift of listening without asking questions or offering advice to allow people the safety to share what's in their hearts.*

Intro: "The word delight derives from the Latin delectare "to charm," which also gives us delectable."

Spiritual Exercises

Option A: Your Box of Delights

We all travel roads that turn long and lonely sometimes. So with our packet introduction as an example, write your own poem/list of delights you want to carry with you. There are no fancy rules or guidelines for this exercise. Just read the SM packet introduction a couple of times, or simply look around at your present life and revisitsome memories of your past. The hard part will be keeping your delight list/poem to a single page!

Option B: Your Book of Delights

The poet, Ross Gay, challenged himself to write daily about the delight he encountered for a year. The result is his best-selling book, *The Book of Delights*. You can hear Gay interviewed about the book and his experience of writing it at

<https://www.npr.org/2020/03/23/820293500/encore-ross-gay-writes-the-book-of-delights>.

You can also listen to him read from the book at

https://www.pw.org/content/ross_gays_book_of_delights. And if you want more, here's a great essay inspired by the book:<https://lithub.com/delight-is-essential-on-reading-ross-gay-in-terrible-times/>.

So... if Ross Gay can find and write about a delight every day for a year, we certainly can do it for a week! So, give it a try! (And, of course, part of this exercise is figuring out why exactly you - and your deepest self - wants, and maybe even needs, to give it a try!)

Quotes for Inspiration/Readings

Love is but the discovery of ourselves in others, and the delight in the recognition.

- *Alexander Smith*

I am interested in what happens to people who find the whole of life so rewarding that they are able to move through it with the same kind of delight in which a child moves through a game. - Margaret Mead

Black joy is having the space to wear my soul on the outside – Helene

When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight. - *Kahlil Gibran*

Sometimes the delight is in the surprise, in being caught utterly off-guard. Almost always, there is a sense of being privy to a secret experience, to some secret knowledge, not necessarily in an exclusive way, but in a grateful way – I get to be here, to see this, to make this unexpected connection, to be delighted. - [Anna Tulous](#)

We're only here for a minute. We're here for a little window. And to use that time to catch and share shards of light and laughter and grace seems to me the great story. - *Brian Doyle*

It doesn't mean a thing if you ain't got that swing. - *Duke Ellington*

Sitting in Silence Take a few moments to sit quietly and reflect upon your thoughts.

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 respond briefly to 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.

Music & Video:

Singing Click [here](#) for the Spotify playlist on [Delight](#).

Click [here](#) for the YouTube playlist on [Delight](#).

Black and Jubilant: Unpacking Black Joy From the Revolutionary to the Ordinary

<https://www.youtube.com/watch?v=SKBwJgQ-btc>

Extinguishing the Chalice You don't stop laughing when you grow old. You grow old when you stop laughing. - *George Bernard Shaw*