



## USG Racial Healing SGM ~ Delight ~ June, 2023

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

put your attention on suffering – which is constant and everywhere – and it is all you will see. joy will come, and laughter, but you will find it brief, possibly a distraction.

put your attention on joy, being connected and feeling whole, and you will find it everywhere. your heart will still break. you will know grief. but you will find it a reasonable cost for the random abundance of miracles, and the soft wild rhythms of love. *Adrienne Maree Brown*

**Check-in** *Share recent experiences facing racism in ourselves or others.*

#### Quotes for Inspiration/Readings

Black joy is a moment of reflection and happiness by which we are able to tell ourselves there is more to this life, there is more to this world than just pain. [Miracle Jones](#)

[Black joy is] having the space to be able to wear my soul on the outside. [Helene](#)

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

Praise the rain; the seagull dive  
The curl of plant, the raven talk—  
Praise the hurt, the house slack  
The stand of trees, the dignity—  
Praise the dark, the moon cradle  
The sky fall, the bear sleep...  
Praise the path on which we're led...  
Praise beginnings; praise the end.  
Praise the song and praise the singer. [Joy Harjo](#)

#### Questions

1. What do you know now about delight that you didn't know when you were younger?
2. Who taught you the most about cultivating delight?
3. How does your delight differ from your parent's delight?
4. What is the difference between joy and delight? And what two stories from your life serve as examples?

5. Do you have a story you delight in telling over and over again? (*Maybe that you tell so much that your family rolls their eyes when you begin telling it again.*) What role do you think these frequently told tales play in our lives? What role have they played for you? And what gift have they given you?
6. Whose ability to be delighted do you envy?
7. The poet, Khalil Gibran, claims that [the earth delights in us](#). Have you ever experienced the world delighting in you?
8. When was the last time you told your partner that they delight you?
9. At this stage of your life, which do you long for the most: delight, joy or happiness?
10. Has delight ever been a form of resistance for you?
11. Are delight and divinity intertwined? Is delight somehow a doorway into the holy? If so, what life experience of yours convinced you of that?

### **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**

Feeling Good, Jennifer Hudson <https://www.youtube.com/watch?v=zbHLkowU80Y>

This Joy, Resistance Revival Chorus <https://www.youtube.com/watch?v=1TbDPwA09Bc>

Freedom, Jon Batiste <https://www.youtube.com/watch?v=3YHVC1DcHmo>

Good Day, Greg Street featuring Nappy Roots <https://www.youtube.com/watch?v=hjPLkPsLxc4>

Michael Franti & Spearhead, The Sound of Sunshine

<https://www.youtube.com/watch?v=KqgHosrqJ8o>

#### **Extinguishing the Chalice**

Delight is like the butterflies flying around and landing on the thing that is joy. [Ross Gay](#)