

## USG Facing Racism Together SGM ~ Creativity ~ May, 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

We live at a time when humans believe themselves fabulously capable of creation, but they do not know what to create. [Jose Ortega Y Gasset](#)

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

#### Quotes for Inspiration/Readings

Remember that you are an artist, regardless of how constantly the world will try to drive it out of you or how a "real job" will try to bury that part of you. Whether it's with food, or building robots, you will know your medium the instant you realize how in love you are with what it brings out of you. [Shane Koyczan](#)

The world is before you, and you need not take it, or leave it, as it was when you came in. James Baldwin

A bird doesn't sing because it has an answer, it sings because it has a song. *Maya Angelou*

My anger can be a force for good. My anger can be creative and imaginative, seeing a better world that doesn't yet exist. It can fuel a righteous movement toward justice and freedom. *Austin Channing Brown*

The war of an artist with [their] society is a lover's war, and [they] do, at [their] best, what lovers do, which is to reveal the beloved to [themselves] and, with that revelation, to make freedom real. [James Baldwin](#)

#### Questions

1. Has creativity ever gotten you in trouble?
2. Has creativity ever healed or saved you?
3. Were you a child that colored in the lines or outside of them? Does that childhood self still have a leading role in your life?
4. Aren't you hungry to color outside the lines? Hasn't your life stayed safely "inside the lines" long enough?

5. Ralph Waldo Emerson said that two things prevent most of us from creative living: fear of public opinion and undue reverence for one's own consistency. Might either of those be true of you?
6. If your life was a [song](#) or [movie](#), which song or movie would you be?
7. Are you as "[creatively maladjusted](#)" as you imagined you would be?
8. If you were told you could magically recreate one aspect of your life, what part would you pick?
9. Has anyone ever reacted to your creativity as a threat?
10. Could that restless or sour feeling in your gut be [your unused creativity](#)?
11. Does your muse act more like a fairy offering you sweet gifts or a wasp trying to sting you into action?
12. Which artistic metaphor best describes what life feels like to you right now? a blank canvas? a 1000-piece puzzle? a detective novel? a garden? a writer's block? a work in progress? Something else?

### **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 With My Own Two Hands, Playing for Change**

<https://www.youtube.com/watch?v=Sc8t6BZUSJs>

#### **Extinguishing the Chalice**

Human salvation lies in the hands of the creatively maladjusted. *Martin Luther King, Jr.*