

USG Facing Racism Together SGM ~ Transformation ~ March, 2023

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

www.soulmatterssharingcircle.com



Session Plan

Chalice Lighting

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. And that is extraordinary. It's always been happening, and when it happens in enough of us, in a short enough period of time at the same time, then you have a tipping point, and the culture begins to shift... [Rev. angel Kyodo williams](#)

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

Quotes for Inspiration/Readings

All that you touch you change.

All that you change changes you.

The only lasting truth is change...

God is change. [Octavia Butler](#)

God is Change. Beware:

God exists to shape

And to be shaped. [Octavia Butler](#)

Questions

This list of questions is an aid for deep reflection. They are not meant to be answered as much as to take you on a journey. Read through the questions 2-3 times until one question sticks out for you and captures your attention. Writing out your thoughts often enables you to go deeper.

1. What were you told as a child when you resisted change or expressed fear of it?
2. What have you learned about the relationship between transformation [and pain](#)?
3. What have you learned about the relationship between transformation and joy?
4. What have you learned about the relationship between transformation and rest?
5. What is your next challenge in [daring](#) to be human?
6. Is [your armor](#) in the way of your growth?
7. Is delayed gratification delaying your transformation?
8. Is believing "I don't deserve it" standing in your way?
9. Is it time to [thank your armor](#) for the way it protected & saved you back when things were tough?
10. Who or what do you need to learn to love [next](#)?
11. Of all the ways your life partner has transformed you, which is your favorite?

12. If you could go back and change something you said or did this year, what would it be?
13. How do you think your future self might transform its relationship with [doubt and distrust](#)?
14. What if the way forward is to soften?
15. What if your transformation lies in asking for what you need?
16. What is [the new creation](#) that wants to be born in and through you?
17. What do you know of a brokenness out of which [comes the unbroken](#)?

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

Facesoul, Grow-A Colors Encore, <https://www.youtube.com/watch?v=b8INUArJvvs>

Troy Ramey, Maybe it's Time, <https://www.youtube.com/watch?v=PpedVQTLURE>

Mega, New Light, <https://www.youtube.com/watch?v=eDp9t-98gmE>

Dominique Fils-Aimé, Sun Rise, <https://www.youtube.com/watch?v=d-56KBBWuUE>

Iniko, Yosemite, <https://www.youtube.com/watch?v=rTGSrPihUrM>, full length

<https://www.youtube.com/watch?v=MMKpdZdFI7w>

Tracy Chapman, New Beginning, <https://www.youtube.com/watch?v=72PkUgZ651k>

Gone Gone Beyond, Times Are Changing, <https://www.youtube.com/watch?v=u8RztMsjdwQ&t=6s>

Extinguishing the Chalice

Watch yourself about complaining. What you're supposed to do when you don't like a thing is change it. If you can't change it, change the way you think about it. Maya Angelou