



USG Racial Healing SGM ~ Generosity ~ November, 2023

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

www.soulmatterssharingcircle.com

Session Plan

Chalice Lighting

If today's church does not recapture the sacrificial spirit of the early church, it will lose its authenticity, forfeit the loyalty of millions, and be dismissed as an irrelevant social club with no meaning. *Rev. Dr. Martin Luther King, Jr*

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

Intro ...generosity doesn't stop... at care and connection. It also challenges. True generosity doesn't just ask us to care for people, it also asks us to call them out. When you look at life through the lens of generosity, charity loses its sheen and many of those who have much are exposed as hoarding what others need. It's sneaky that way. Generosity undermines our comfortable views and invites justice in. It doesn't just ask us to be kind to others, it also asks us to question why some have so much more than others. *Rev. Scott Tayler*

Quotes for Inspiration/Readings

I have lived with passion and in a hurry... until my 28-year-old daughter Paula fell ill. She was in a coma for a year, and I took care of her at home, until she died in my arms. Paralyzed and silent in her bed, my daughter Paula taught me a lesson that is now my mantra: You only have what you give... The pain of losing my child was a cleansing experience. I had to throw overboard all excess baggage and keep only what is essential. Because of Paula, I don't cling to anything anymore. Now I like to give much more than to receive... what is the point of having experience, knowledge or talent if I don't give it away? ...I don't intend to be cremated with any of it! It is in giving that I connect with others, with the world and with the divine. It is in giving that I feel the spirit of my daughter inside me, like a soft presence. [Isabel Allende](#)

I have found that among its other benefits, giving liberates the soul of the giver. *Maya Angelou*

A student went to his master and said, "I am very discouraged. What should I do?" The Zen Master replied, "Encourage others." *Nakagawa Roshi*

When we are feeling the poorest, that's the time to give a gift. *Dhyani Ywahoo*

Questions

A note about self-care: *Often these questions take us to a vulnerable space. It is OKAY to ignore the questions that may be triggering – or lean in if that feels safe.*

1. How has your definition of generosity changed since you were younger?
2. How has *your enjoyment* of generosity changed since you were younger?
3. Who taught you the most about being a generous person?

4. Has being generous ever led to you becoming “richer”?
5. Has generosity ever healed you?
6. What’s been your hardest act of generosity?
7. Have you ever wished your parent(s) had been more generous in some way?
8. How might Life be calling you to be generous in a new way in your closest relationships?
9. Without knowing it, we all put boundaries and limits around our generosity. How might the storylines and beliefs passed on to you by your family or society be hemming in what you have to give to the world?
10. Do you have trouble giving yourself permission to receive the generosity or help of others? What storyline might be hemming in your ability to *receive* that generosity?
11. [Some say](#) that attention is the rarest and purest form of generosity. Who needs the gift of your attention?
12. Some say that giving [liberates](#) and [frees](#) the giver. How might Life be trying to free you by asking you to give?
13. What if [the secret](#) is giving to others what we wish to receive ourselves?
14. How good are you at being generous with yourself?

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

What I Have is What I Need, Desiree Dawson

<https://insighttimer.com/desireedawsonmusic/guided-meditations/what-i-need>

Amazing Grace, Moojiji <https://www.youtube.com/watch?v=5I5unCsE8mE>

What a Wonderful World, Jon Batiste

<https://www.youtube.com/watch?app=desktop&v=9542BuRlq6k>

Extinguishing the Chalice

I tell my students, 'When you get these jobs that you have been so brilliantly trained for, just remember that your real job is that if you are free, you need to free somebody else. If you have some power, then your job is to empower somebody else. This is not just a grab-bag candy game.' *Toni Morrison*