



USG SGM ~ Transformation ~ March, 2023

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

www.soulmatterssharingcircle.com

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 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.*

Quotes for Inspiration/Readings

Living involves tearing up one rough draft after another. [author unknown](#)

Every moment we have a choice. Every moment we can be a plus, minus or zero. author unknown

Change happens at the speed of trust. [author unknown](#)

If you want to change the world, first, be sure you are changing yourself. [Rev. Sean Parker Dennison](#)

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

Maybe it's time to let the old ways die
 Maybe it's time to let the old ways die
 It takes a lot to change a man
 Hell, it takes a lot to try
 Maybe it's time to let the old ways die

Nobody speaks to God these days
 Nobody speaks to God these days
 I'd like to think he's looking down and laughing
 at our ways
 Nobody speaks to God these days

Nobody knows what waits for the dead
 Nobody knows what waits for the dead
 Some folks just believe in the things they've
 heard
 And the things they read
 Nobody knows what awaits for the dead

When I was a child they tried to fool me
 Said the worldly man was lost and that hell
 was real
 Well, I've seen hell in Reno
 And this world's one big ol' Catherine wheel
 Spinnin' still

I'm glad I can't go back to where I came from
 I'm glad those days are gone, gone for good
 But if I could take spirits from my past and
 bring 'em here
 You know I would, you know I would

Maybe it's time to let the old ways die
 Maybe it's time to let the old ways die
 It takes a lot to change your plans
 And a train to change your mind
 Maybe it's time to let the old ways die
 Oh, maybe it's time to let the old ways die

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