

## USG Facing Racism Together SGM ~ Interdependence ~ April, 2023

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

www.soulmatterssharingcircle.com



### Session Plan

#### Chalice Lighting

We are all broken by something. We have all hurt someone and have been hurt... The ways in which I have been hurt—and have hurt others—are different from the ways [others have] suffered and caused suffering. But our shared brokenness connects us. Bryan Stevenson

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

#### Quotes for Inspiration/Readings

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If you want to go fast, go alone. If you want to go far, go together. African Proverb

We never know how our small activities will affect others through the invisible fabric of our connectedness. In this exquisitely connected world, it's never a question of 'critical mass.' It's always about critical connections. Grace Lee Boggs

You carry Mother Earth within you. She is not outside of you. Mother Earth is not just your environment. In that insight of inter-being, it is possible to have real communication with the Earth, which is the highest form of prayer. [Thich Nhat Hanh](#)

If you find yourself... hearing, again, the earth's great, sonorous moan that says... all you love will turn to dust... Do not raise your small voice against it... Instead, curl your toes into the grass... Walk through the garden's dormant splendor. Say only, thank you. [Ross Gay](#)

#### 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 aspect of nature did you connect with most meaningfully as a child? A dog? A horse? A tree? The ocean? Lightning bugs? The rain? A path in the woods?
2. Do you think age impacts the way we *care for* the interdependent web?
3. Do you think age impacts the way we *connect with* the interdependent web?
4. Has a beloved young person ever altered the way you think about your relationship with nature or the planet?
5. Where do you feel your connection to nature in your body? What happens to you when that place of connection is stirred? What has that feeling of connection communicated to you most recently?
6. Do you feel that "sacrifice" has a central role to play in addressing the climate crisis?

7. When was the last time you became thoroughly absorbed in the curiosity of understanding [another creature's life](#)?
8. How has the place where you live shaped the way you understand and approach life? And yourself?
9. Some of us *live in* a place and others of us *belong to* a place. Have you found [a place you belong to](#) yet?
10. What time of day do you feel most like “yourself”?
11. Has a tree ever *spoken* to you? How about [a river](#)? Or the ocean? Or the moon? What about [a weed](#)?
12. Has your commitment to community been tripped up by [the trap of self-improvement](#)?
13. We are glad to support and bear the burdens of others. But many of us wouldn't dare “burden” those same people with *our* troubles. What has tricked you into thinking that your grief, worry or struggle is unwanted by or too heavy for others? Who or what taught you that the weight of your worries [must be carried by yourself alone](#)?
14. Have you ever had a friend that “[birthed a new world in you](#)”?

### 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

Milyakburra, Emily Wurramara <https://www.youtube.com/watch?v=Sl6KU3svHV4>

Aisha Badru, Soils's Daughter [https://www.youtube.com/watch?v=BRUjNE\\_rKIY](https://www.youtube.com/watch?v=BRUjNE_rKIY)

Alisa Amador, Together <https://youtu.be/Nkhz1VQAhtY>

Jennifer Kamikazi, You & I <https://youtu.be/FrlkHZxbbho>

### Extinguishing the Chalice

I wish the knowledge were easier to come by, that individualism is just a scam, that you are always the butterfly wings. You are always a flap of the storm...You must not believe the lying lie that you do not matter, that whatever change you can organize is so insufficient as to not be worth your time... [Rev. Julián Jamaica Soto](#)