

USG Facing Racism Together SGM ~ Renewal ~ June, 2024

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 no way to repress pleasure and expect liberation, satisfaction, or joy.

[adrienne maree brown](#)

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

Quotes for Inspiration/Readings

Black joy is *not* this toxic positivity where we force ourselves to ignore the realities of the world and avoid the problems in our life. It's a moment of reflection and happiness in which we are able to tell ourselves there is more to this life and world than just pain... Part of Black joy is a hope that things will soon get better and another part of it is a celebration of still being around, still being here. [Miracle Jones](#)

Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us. Maya Angelou

All you can do for another person is be an environment in which if they wanted to come up for air, they could. Ram Dass

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. Whose way of being in the world renews your faith in humanity?
2. How does your body tell you it is in need of renewal? What is it telling you now?
3. Which of your senses most reliably leads you to renewal? What might you do *this week* to make room for its gift?
4. If one were to [propose](#) that you make room for a day in which you produce nothing, don't check a single thing off your to-do list, confront no problems and search for no solutions, what would your first reaction be?
5. Which summer of your life renewed you the most?
6. How would your life change if you saw rest as "[a form of resistance](#)"?

7. How would your life be renewed if you put [presence before productivity](#)?
8. Have you ever been renewed by failure?
9. Have you ever been renewed by vulnerability?
10. Has an animal ever renewed your relationship with life?
11. If rest could speak, what do you think it would say to you?
12. If someone gave you a box of everything that has renewed you, what is the first thing you would look for?
13. Renewal often happens through becoming lighter. So, what might your inner wisdom be nudging you to shed, let go of, or give up this summer?

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

Ashh Blackwood, You're Gonna Be Ok

<https://www.tiktok.com/@ashhblackwood/video/7133585192916192517?lang=en>

https://www.youtube.com/shorts/rgJ_kC5_lac?feature=share

<https://www.tiktok.com/@ashhblackwood/video/7161403903693606150?lang=en>

Dominique Fils-Aimé, Stay Tuned <https://youtu.be/01m0xbXR2hc>

Laura Zocca, Shake It Off <https://youtu.be/kOr4EhsDuC0>

Lidia Solomon, Affair with the Moon https://youtu.be/yKjXJo_09Z4

Extinguishing the Chalice

There is [deep power](#) in taking a break, honoring your body and actively participating in your deprogramming from grind culture. We have been brainwashed to be violent towards our own bodies by pushing it to exhaustion... Rest is a form of resistance because it disrupts and [pushes back](#) against capitalism and white supremacy. [Tricia Hersey](#)

July August topics: from last year-Choices We Make, Gender, Managing Conflict, Redefining Ourselves, Religious Literacy, Science and Religion. Do we want something more about race/racism?