

USG SGM ~ Trust ~ March 2025

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



Chalice Lighting Trust is a confident engagement with the unknown

Rachel Botsman

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.*

Welcome to the Practice of Trust

What is it? Trust life to pick us up? Trust life to push and poke us and not let us get too comfortable? Trust that it's ok to put the work down for awhile?

It's all of them, of course. And more.

But maybe it's mostly about trusting that we'll know which call is right for us. Maybe it's about having faith in ourselves and not letting anyone tell us what we need to trust in the most.

We need to make room for everyone's uniquely broken heart. We all experience a loss of faith in our own way. The trust you need to repair is likely different from mine. But what we both long for is safe space. Space to say how hard that work of repair is. Space to say how much our experience of broken trust hurts.

So, how about it friends? This month, let's prove to each other that we can be trusted to offer safe and wide-open space for each other's broken hearts.

Spiritual Exercise: What Do You Turn To?

We trust in more things than we may realize. And one of the ways we reveal and remember that is to think about what we turn to when things get hard, stressful, confusing or even frightening. That's what this complete-the-sentence exercise is all about. The link below lists a bunch of universally challenging moments and then leaves space for you to name what you turn to in these situations. The goal is to remind yourself that life has surrounded you with more sources of trust than you can imagine. Here's the link to the complete-the-sentence document: <https://docs.google.com/document/d/1MMJEir8f8rgG24yZnb4Oa-PGDMc4H9nl6OnvG3l8wFs/edit?usp=sharing>

The document can be downloaded to your computer so you can complete it by typing in your responses.

- *We encourage you to go off-script as needed, changing, deleting, skipping or adding to the "When..." statement scenarios we put in.*
- *The "When..." statements are purposely written in both poetic language with the hope that it might open you to responses you may not expect. It will help to not overthink your responses, but instead allow yourself to free-associate and listen to answers that rise up on their own.*

To help you on your way, we suggest you read through this beautiful poem and reflection by writer and therapist Lisa Olivera: <https://lisaolivera.substack.com/p/what-do-you-turn-toward>

Quotes for Inspiration/Readings

I don't trust people who are alive and paying attention and don't feel pain about what's happening [adrienne maree brown](#)

If your wounds are still open, trust
they are doors to an answer and walk through.
You don't have to be healed to be whole.
You don't have to know where you're going
to stop doubting what you're made of. [Andrea Gibson](#)

I don't trust anyone who doesn't laugh. *Maya Angelou*

Everybody loves butterflies. But I trust the caterpillars more. I trust the ones who know they aren't done. [Andrea Gibson](#)

Distrust all in whom the impulse to punish is powerful. *Friedrich Nietzsche*

Questions

1. What have you trusted since childhood and never lost faith in?
2. Have you ever been made trustworthy by someone who risked putting their trust in you?
3. When broken trust left you broken-hearted, what voice in your head or word from a friend helped you pick up the pieces?
4. Do you have doubts that deserve to be more deeply trusted?
5. What have you learned about trusting grief, rather than resisting it?

Pick the one question that speaks to you most and let it lead you where you need to go.

Sitting in Silence *Take a few moments to sit quietly and reflect upon your thoughts.*

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 respond briefly to 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.*

Singing (or listening/watching someone else singing) Have a Little Faith, *Mavis Staples*
<https://open.spotify.com/track/264f7Zo609tNyH8EQnSusL>

Extinguishing the Chalice Trust in what you love, continue to do it, and it will take you where you need to go. *Natalie Goldberg*