

USG SGM ~ Embracing Possibility ~ April 2026

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

www.soulmatterssharingcircle.com



Chalice Lighting It may be that when we no longer know what to do we have come to our real work... The mind that is not baffled is not employed. The impeded stream is the one that sings. [Wendell Berry](#)

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.

Spiritual Exercises It's one thing to analyze a theme; it's quite another to experience it. By pulling us out of the space of *thinking* and into the space of *doing*, our spiritual exercises invite us to figure out not just what we have to say about life, but also what life has to say *to us*! With that in mind, read the exercise below, consider how you'd like to respond to it and **come to your group ready to share how it surprised you and what gift it gave you.**

If Any Life Was Possible: Spiritual and religious traditions encourage and help us love the life we have. But it is fun - and often instructive - to imagine the life we would live if anything was possible. So, for this month's exercise, lean into your imagination and ***write a poem or journal-sized reflection on what you would be if another life was possible.*** Be as silly or serious, playful or profound as you like. And remember, sometimes it helps to revisit what you dreamed about becoming when you were a child. So what will it be? A trapeze artist? An impressionist painter? A member of King Aurther's court? A costume designer for movies set in the Victorian era? The owner of your own restaurant? The first person to walk on Mars? A death doula? A hermit? A circus clown? An urban planner of the first zero emission city? Whether you take the playful or profound route, be sure to dedicate part of your writing to reflecting on the longing that lies at the center of your choice. This is where the deeper work lies. Because while you may not really be able to be a trapeze artist, it's certainly possible to satisfy that longing to escape the "gravity" of worry that sits at the center of that high-flying choice. Or to put it another way, you do not need to become that imagined version of yourself to access what it represents.

Quotes for Inspiration/Readings

This beginning has been quietly forming

Waiting until you were ready to emerge...

It watched you play with the seduction of safety...

Wondered would you always live like this. [John O'Donahue](#)

The most meaningful futures rarely arrive because we forced them into existence. They emerge because we noticed something true and stayed with it. A question that would not let us go. A grief that clarified what mattered. A longing that persisted beneath distraction. A quiet conviction that shaped our choices over time... The invitation is not to perfect your plans, but to tend your attention; not to demand transformation, but to notice what is already changing; not to rush toward the future, but to stand here long enough to hear what it is asking of you. [Cameron Trimble](#)

It is never too late to be what you might have been. [Adelaide Anne Procter](#)

If you suddenly and unexpectedly feel joy, don't hesitate. Give in to it. There are plenty of lives and whole towns destroyed or about to be. We are not wise, and not very often kind. And much can never be redeemed. Still, life has some possibility left. [Mary Oliver](#)

As the saying goes, it's the silence in between the notes that makes the music. So if you're in between projects or jobs—or even romantic relationships—resist the tendency to immediately fill the void with the next thing. Great new things are happening quietly inside of you. Give them the time they need to bloom. [Ozan Varol](#)

Next comes winter, January and February. Boy! Are they ever cold! What comes next? Not spring. 'Unlocking' comes next. What else could cruel March and only slightly less cruel April be? March and April are not spring. They're the season of Unlocking. [Kurt Vonnegut](#)

Hope [and possibility] locates itself in the premises that we don't know what will happen and that in the spaciousness of uncertainty is room to act. When you recognize uncertainty, you recognize that you may be able to influence the outcome. [Rebecca Solnit](#)

Questions Pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of embracing possibility means for you and your daily living.

1. What book from your childhood convinced you that life was full of possibility? What would change in your life if that childhood sense of possibility returned to you today?
2. If you believe that saving the world is no longer possible, might you still find hope in the work of creating [islands of sanity](#) - *smaller circles of community dedicated to helping people stay sane and rooted in their values even as the world around them grows harsh and grim.*
3. We all tell ourselves, "One day I will..." What "One day I will" sentence has been with you the longest? And what would need to change for you to start turning that dream into reality?
4. What have you learned about finding the possibilities that live on the other side of grief?
5. What if we're built to have *many* lives in this lifetime of ours? What if we become fully human by pursuing and becoming *many* of our possible selves, rather than just one of them?

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.

Music The Wailin' Jennys "[Light of a Clear Blue Morning](#)," Sam Cooke's "[A Change Is Gonna Come](#)," Mon Rovia's "[Oh Wide World](#)," and seventeen more beautiful songs in this [YouTube playlist](#).

Extinguishing the Chalice

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