

ALL SOULS UNITARIAN CHURCH

March Theme Brokenness

Opening Reading/ Chalice Lighting

“Your reason and your passion are the rudder and the sails of your seafairing soul, if either your sails or your rudder be broken, you can but toss and drift, or else be held at a standstill in mid-seas. For reason, ruling alone, is a force confining; and passion, unattended, is a flame that burns to its own destruction. Kahlil Gibran

Check-In How goes thy spirit? What do you need to leave behind in order to be fully present here and now? 2-3 sentences

Business **New groups start in March**
How ‘bout those service projects?

Revisit the Covenant

Claim time for Deeper Listening Deeper listening is a time at the end of our meeting where you can be listened to uninterrupted for what is essentially an extended check in if you have more you need to say than the initial check in. You are encouraged to claim time ranging between 3-5 minutes.

Centering Take a moment to breathe, feel your feet on the floor and your body in the chair. After a few minutes of breathing, find your heartbeat (either by listening to your ear or placing your fingers on your pulse). See if you can hold the attention of your heartbeat and listen to the sounds in the room. (1-2 minutes) Our goal would be to bring this sense of calm and way of listening to the readings and to one another, keeping our attention toggling between self and what you are listening to.

Readings (Read through readings and questions twice, one time per facilitator, with reflection space in between followed by Quaker Style sharing. Try to stay in I statements and personal stories and not shift into

third person and facts. Try to leave space between speakers.)

“To love at all is to be vulnerable. Love anything, and your heart will certainly be wrung and possibly broken. If you want to make sure of keeping it intact, you must give your heart to no one, not even to an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements; lock it up safe in the casket or coffin of your selfishness. But in that casket- safe, dark, motionless, airless--it will change. It [may] not be broken; it will become unbreakable, impenetrable, [and] irredeemable.”

CS Lewis

WHAT I BELIEVE by Michael Blumenthal

I believe there is no justice,

but that cottongrass and bunchberry

grow on the mountain.

I believe that a scorpion's sting

will kill a man,

but that his wife will remarry.

I believe that, the older we get,

the weaker the body,

but the stronger the soul.

I believe that if you roll over at night

in an empty bed,

the air consoles you.

I believe that no one is spared

the darkness,

and no one gets all of it.

I believe we all drown eventually

2952 S. Peoria Tulsa, Oklahoma 74114 (918) 743-2363

www.allsoulschurch.org

in a sea of our making,
but that the land belongs to someone else.
I believe in destiny.
And I believe in free will.
I believe that, when all
the clocks break,
time goes on without them.
And I believe that whatever
pulls us under,
will do so gently
so as not to disturb anyone,
so as not to interfere
with what we believe in.

Questions

- 1. What does it mean to you to be broken?**
- 2. If no one is “spared the darkness” when in your life, if ever, have you considered yourself to be broken?**
- 3. How far have you gone to find out who you are... “which I is I?”**
- 4. Do you believe that the older the body, the weaker we get, the stronger the soul? Tell your experience.**
- 5. Think of a time when being vulnerable lead you to brokenness... did that lead to transformation? Why or why not? Tell your story.**
- 6. What are the ways in which you protect yourself from being broken?**

Deeper Listening If time is claimed by an individual, group listens to speaker uninterrupted for that designated time. It is best to have a timer of sorts so that facilitator can listen fully as well.

Check Out

One sentence about where you are now that we have been together for the past hour and a half. (How did you show up? Would you share more or less? Would you do anything differently? Focus your likes and dislikes on your own behavior)

Closing reading/Chalice Extinguishing

“Hold fast to your dreams, for without them life is a broken winged bird that cannot fly.” Langston Hughes quotes