

# ALL SOULS UNITARIAN CHURCH

## Themes 2010-2011 Vision

### **Opening Reading/ Chalice Lighting**

From “Auguries of Innocence” –William Blake  
To see a World in a Grain of Sand  
And a Heaven in a Wild Flower  
Hold Infinity in the palm of your hand  
And Eternity in an hour.

**Getting to know One Another:** Please take time at this point to introduce yourselves and to go around the room and say how long you have been attending and how you found All Souls.

Suggest that everyone try to remember to wear a nametag so that you can learn everyone’s names)

**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** (Please highlight the following with your group if events have not passed)

1. Here is our 2010-2011 schedule for new groups

**Extravaganza Sept 26 1-3 and 3-5**

**(if you would please pass this information along to anyone interested in experiencing a group before signing up)**

### **Sem I Tuesdays**

Oct 5 Vision,

Oct 19 Evil,

Nov 2 Democracy,

Nov 16 Gratitude

Nov 30 God

Dec 7 Closing Endings

**We will create as many groups as we need to in order to meet the need. If you are interested in joining a new group that meets 6 times please let me know!**

If you are available **to lead a group** for any of these sessions please contact Jennifer Johnson as soon as possible at her new address: [jenngj@gmail.com](mailto:jenngj@gmail.com)

**2. Activities Fair** which is usually on Homecoming Sunday, has been divided into an **Inreach Activities Fair and an Outreach Activities Fair** on two different Sundays. This will create less of a bottleneck in Emerson Hall and more of an opportunity to engage meaningfully with all of the opportunities provided at our church. **Sept 19 from 9-1 is our INREACH Activities Fair** that will highlight our programs and opportunities to connect within the church. **Sept 26 from 9-1 is our OUTREACH Sunday Activities Fair** where we will highlight opportunities within the church to reach out alongside other All Souls members and make a difference in our community and the world. We hope this will help everyone find their opportunity to connect and serve.

**3. Facilitators meeting have been moved to Second Wednesdays from 7 to 8:30 beginning in OCT** and will have childcare! WOOHOO! I am taking advantage of a new Wednesday night format that allows for a limited number of board meetings to take place on Wednesday night with two slots from 5-6:30 and 7-8:30 in order to increase or traffic for meals and encourage chapel attendance. If its been awhile since you have attended a Branches Facilitators meeting, PLEASE mark your calendars to attend one soon! Our first meeting will be in October on **Wednesday October 13th**.

4. If you have any feedback regarding please let me know either by calling my office at 918.743.2805 X 324 or dropping me an email at [tlebak@allsoulschurch.org](mailto:tlebak@allsoulschurch.org). I would also be happy to meet with any of you regarding feedback, new ideas, or pastoral support. I am here to serve you!

### **Revisit the Covenant**

(Please go over the culture of a branches group highlighting: space inbetween speakers, popcorn style sharing, taking care of your own needs, speaking from I..no crosstalk, etc)

The culture of your group: Are their things that need to be addressed? Starting and ending time, social opportunities before after meeting or at another date?, your service project inside and outside the church)

**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 something is going on in your life that you would like to share. You are encouraged to claim time ranging between 3-5 minutes at this time. Is there anyone who would like to claim time for deeper listening?

**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.)

Vision Personified – Kate Starr and Rev Tamara Lebak

Vision lives in a two-story house with lots of windows and glass doors that sits on a hill overlooking the lights of the city on one side and a dark, undeveloped landscape on the other. Vision likes to be between what's already been accomplished, and the stuff of possibility.

Every night before bed,  
Vision kisses his wife Creation  
and goes outside to gaze at the stars.  
A retired astronomer,  
the vastness of the nighttime sky  
fills Vision with a sense of power and gratitude  
for the abundance of the universe.  
At the same time, the infinite can make him feel insignificant  
(a good practice, as he tends to have a rather large ego).

During the day, Vision often joins Creation in her greenhouse.  
He loves to watch things grow.  
He uses a jeweler's loupe to examine the flowers in detail  
taking him ever farther down the rabbit hole  
to the galaxies within a single grain of pollen.

To relax, Vision loves to fly fish.  
Tying his own flies teaches him patience.  
Being in nature keeps him grounded.  
He tried yoga, but found it difficult to hold the positions for very long  
and too much focus in the guided meditations often made him astral

project.

Although in college, Vision was diver on the swim team,  
these days he prefers to be carried along by the cool, green water  
of the river where he fishes, not far from his home.  
He still likes to dive deep below the surface,  
but now he also likes to go with the flow.

Vision knows he wasn't a very good Dad  
when his kids Hope and Calling were small.  
Hope has abandonment issues, and  
his son will most likely repeat the mistakes with his own children  
if Calling continues to spend more time making plans  
than being where he is.

Vision's eyesight isn't as good as it used to be,  
but he feels he has earned his bifocals as well as his gray hair.  
He finds he spends more time at home now  
reading (mostly historical fiction),  
creating little pieces of improvisational jazz on the piano  
watching the cardinals through his binoculars  
and categorizing his kaleidoscope collection:  
first by size, then by content, then shape.

Sometimes, after dinner,  
Creation puts on old records  
and persuades Vision to dance.  
He knows he's not a very good dancer, but it makes her happy.

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Hell begins on the day when God grants us a clear vision of all that we  
might have achieved, of all the gifts which we have wasted, of all that we  
might have done which we did not do. –Gian Carlo Menotti

The human story does not always unfold like a mathematical calculation on  
the principle that two and two make four. Sometimes in life they make five  
or minus three; and sometimes the blackboard topples down in the middle of  
the sum and leaves the class in disorder and the pedagogue with a black eye.  
~Winston Churchill

## Questions

1. How have you tried to manifest your vision in the world successfully? (an idea that you have had and seen take shape and implemented for example..)
2. Think about a time when you have tried unsuccessfully to manifest your vision in the world.
3. Are there periods in your life when you have lacked vision? 4. What were the circumstances?
4. What prevents you from “seeing?”
5. What helps you/supports you to gain clarity of vision?
6. How do you respond when others do not share your vision?
7. How do you respond when they do?
8. Is there a vision that you have for your own life that you would like to share with this group to facilitate its’ birthing process?

**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) Please state your name again for the group so that we might have yet another opportunity to put faces to names.

## Closing reading/Chalice Extinguishing

“Your vision will become clear only when you can look into your own heart. Who looks outside dreams; who looks inside awakes.” --Carl Jung