

Gathering for Who Am I

Words of the Day

What I most want to bring forth into the world from within is

Chalice Lighting

You, my own deep soul,
trust me. I will not betray you.
My blood is alive with many voices
telling me I am made of longing.

What mystery breaks over me now?
In its shadow I come into life.
For the first time I am alone with you –

you, my power to feel.
Rainer Maria Rilke

The Basket

Sharing of Joys and Concerns

Silence, holding ourselves and each other in silent support

Shared Readings

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. *Bernard Baruch*

Eventually, we must allow ourselves to be drawn by our soul's desire rather than driven by ego needs.
Richard Rohr

We receive who we are before we choose who we will become. *Rev. Dr. Rebecca Parker*

Some days I am more wolf than woman and I am still learning how to stop apologizing for my wild.
Nikita Gill

When I say it's you I like, I'm talking about that part of you that knows life is far more than anything you can ever see or hear or touch. *Mr. Rogers*

[Mr. Roger's] very presence changed the behavior of people around him. They got softer and they got far less self-protective, less defensive, and they became their inner selves, but their inner selves got on the outside. *Susan Stamberg*

There's really no such thing as the "voiceless." There are only the deliberately silenced, or the preferably unheard. *Arundhati Roy*

She remembered who she was and the game changed. *Lalah Deliah*

Through others we become ourselves. *Lev S. Vygotsky*

Knowing others is wisdom, knowing yourself is enlightenment. *Lao Tzu*

Who has not sat, afraid, before his own heart's curtain? *Rainer Maria Rilke*

The cause of all our personal problems and nearly all the problems of the planet can be summed up in a simple sentence: human life is very deep and our dominant modern lifestyle is not. *Bo Lozoff*

Deep Sharing/Deep Listening

Round 1: Share your reflections on “Who Am I?” and the preparation materials.

Round 2: Share additional thoughts or reflect on what others have shared.

Closing Circle

Extinguishing the Chalice

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We keep these in our heart until we meet again.

Song/Chime

Announcements

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share with the facilitator the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, giving advice, or advocating a specific view
- to share as deeply as I can when it is my turn and to stay on the “I-message.”