

Gathering for Sexual Harassment

Words of the Day

Many of us may not have experienced sexual harassment, but we may have encountered situations where we felt our personal boundaries were breached.

When my personal boundaries were breached, I felt

Chalice Lighting

We light this chalice today in honor of the Unitarian Universalist First Principle: To affirm and promote the inherent worth and dignity of every person.

We recognize that these are not just words to be spoken; instead, they call us out of our comfort into an ever-deepening commitment:

a commitment we make to the rights of all whose inherent worth and dignity are denied, diminished, or destroyed by systems of oppression. And they call us into the practice of looking into our own hearts, with courage and honesty.

Florence Caplow

The Basket

Sharing of Joys and Concerns

Silence, holding ourselves and each other in silent support

Shared Readings

“No” is a complete sentence. *Anne Lamott*

Whatever you are willing to put up with, is exactly what you will have. *Anonymous*

Each individual woman’s body demands to be accepted on its own terms. *Gloria Steinem*

Power [is] associated with a reduced tendency to comprehend how other people see, think, and feel. *Adam Galinsky et al, Psychological Science*

Women of color experience sexual harassment at a higher rate than white women. This is especially true in low-wage occupations such as food service and housekeeping.

Passman & Kaplan, P.C., Attorneys at Law

Even though we have laws against it and HR departments to handle it, a woman – especially a young woman starting out – can never be sure that reporting harassment won’t hurt her career.

Gretchen Carlson

When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something’s suffered damage and has a history it becomes more beautiful. *Barbara Bloom*

Learn to set boundaries. In short, learn to say no. Don't guilt and shame yourself. Say no to people and things you don't want. Just say no. *Akiroq Brost*

80% of the transgender population who were employed in 2015 experienced harassment or mistreatment on the job, or took steps to avoid it.

Sandy E. James et al, The Report of the U.S. Transgender Survey

Sexual harassment uses the erotic to conceal what it really is: bullying. *Claire Potter*

Deep Sharing / Deep Listening

Round 1. Share some reflections on sexual harassment and the preparation materials.

Round 2. As time allows, 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."