

## Gathering for Becoming (Theme for April)

*There are suggestions for Zoom sessions – speaking in turns, muting, and using Chat for the Words of the Day. Some sections use a timer / clock.*

**When you join the meeting** *Facilitators – do these for yourself first and help others.*

- Check that you are unmuted and have video, if you're using video. Check your volume.
- Make sure your picture box shows your "name tag." Use Rename to change if necessary.
- Make sure you have a copy of the Gathering available.

**Words of the Day.** Use Chat to write the Words of the Day. Write "a choice I have made that has influenced who I have become is ..." and then complete the sentence.

**Chalice Lighting** "We'll begin by lighting the chalice." *Ask for a volunteer to read.*

We are never complete. We are never finished. We are always yet to be. May we always allow others to be, and help and enable each other to grow toward all that we are capable of becoming.

*Anonymous, UUA Worship Web*

**Words of the Day** "Now we'll read the Words of the Day from the Chat box." *People can't see Chat written before they join, so you might read these yourself or ask people to read their own.*

**Sharing of Joys and Concerns** "We'll share joys and concerns." *Begin, and then either call on people or ask them to "chain" to the next person. Make sure everyone has an opportunity.*

**Silence, holding each other in support** "Now a few minutes of silence" (2 or 3)

**Shared Readings** "I'll start the first Shared Reading." *Begin, and then either call on people or ask them to "chain" to the next person. Make sure everyone has an opportunity to read.*

Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. *Margery Williams Bianco, The Velveteen Rabbit*

Let everything happen to you: beauty and terror.  
Just keep going. No feeling is final. *Rainer Maria Rilke*

Now I think it's one of the most useless questions an adult can ask a child – *What do you want to be when you grow up?* As if growing up is finite. As if at some point you become something and that's the end. *Michelle Obama, Becoming*

Self-definition and self-determination [are] about the many varied decisions that we make to compose and journey toward ourselves ... It's OK if your personal definition is in a constant state of flux as you navigate the world. *Janet Mock, transgender activist*

You become what you think about all day long. *Ralph Waldo Emerson*

We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty. *Maya Angelou*

The important thing is this: to be able at any moment to sacrifice what we are for what we could become. *Charles Du Bos*

Now I become myself. It's taken  
Time, many years and places;  
I have been dissolved and shaken,  
Worn other people's faces  
*May Sarton*

What we practice, we become ... Virtues are not the stuff of saints and heroes. They are spiritual technologies and tools for the art of living. *The On Being Project*

We are not stuck in the ruts of destiny, we have the power to break free, clear our vision and see a new life for ourselves. *Tony Clark*

## **Deep Listening and Sharing**

**Round 1. Deep Sharing.** "Now we share reflections on our personal experiences of becoming, paths taken, and the choices made." *Note the time available for each person and ask people to mute or remain quiet for each speaker.*

*Go first to model. Then ask people to raise their hand if they're ready to go next. Assist with un-muting if needed. Make sure everyone has an opportunity.*

**Round 2. Responses and Comments.** *Note how much time is available for Round 2. People can unmute for freer exchange. Go first to model for the group.*

**Closing Circle** "In a few words, share what you will take away from this session." *Begin, and then either call on people or "chain."* *Make sure everyone has an opportunity.*

**Chalice** "We will extinguish the chalice." *Ask for a volunteer to read.*

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.

## **Bell or 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 responsibility for good process by watching how much time I take to speak, noticing what is going on for others, and considering problems if they occur
- 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."