

Creativity
UU Community Church of Santa Monica
Heart to Heart Circles
Session adapted from *Soul Matters* at www.soulmatterssharingcircle.com
July 2016

Welcome and Explanations

Chalice Lighting

All the arts we practice are apprenticeship. The big art is our life.
- M.C. Richards

Sharing Silence 3 minutes

You may wish to bring your attention to your breath, or move a bit until you have found a comfortable seat. If silence is not a familiar experience to you, three minutes may seem long. If you are accustomed to silence, it may seem short.

On Our Hearts 15 minutes

This is a time to share wonderful news or a heavy heart - the major highs and lows of your life you'd like everyone to keep in their hearts or in their prayers for you.

Covenant and Ground Rules

Our covenant includes a description of how we want to be with each other, ground rules for our time together, and our expectations for members of the group. This covenant is adapted from *Heart to Heart: Fourteen Gatherings for Reflection and Sharing* by Christine Robinson and Alicia Hawkins.

I commit myself:

- to give attendance at meetings a real priority knowing that my presence is important to the group;
- to let the leader know if I will be absent or need to quit;
- to participate with my group in two service projects, one for our church community, and one for the wider community;
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others;
- 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, problem solving, or giving advice;
- and to share as deeply as I can when it is my turn.

Housekeeping

Readings

We all have unique talents and passions, our own personal creative potential... it may be music or mathematics or chemistry. A fire[fighter] or homemaker or physician or teacher all have the personal dimension of creative achievement – that point where individual talent meets personal passion.

- Ken Robinson

Cross-cultural anthropologist Angeles Arrien tells us that in many traditional cultures, when an ill person goes to a healer, they are asked four questions: When did you stop singing? When did you stop dancing? When did you stop telling your story? When did you stop sitting in silence? She calls these healing salves.

- Peggy Taylor

Our hope for creative living in this world house that we have inherited lies in our ability to reestablish the moral ends of our lives in personal character and social justice. Without this spiritual and moral awakening we shall destroy ourselves in the misuse of our own instruments.

- Martin Luther King, Jr.

Questions for consideration

1. Where do you find creativity, “creative living,” or “creative achievement” in your life right now?
2. When was the last time you created (or helped create) something that will outlive you?
3. What did you learn about creativity and the arts when you were growing up? Who was your teacher?
4. Do you see ways spirituality and human creativity are connected? Share a creative activity or moment that you experienced as religious or spiritual.

Sharing 60 minutes

Reflecting on Our Time Together

Please share anything that would otherwise be unsaid as you leave our time together. Do you wish you had shared something more, less, different? How are you feeling as you leave? Feeling words are ok, such as sad, mad, glad, peaceful, powerful, joyful.

Closing Words

My future starts when I wake up every morning. Every day I find something creative to do with my life.

- Miles Davis