

Healing
UU Community Church of Santa Monica
Heart to Heart Circles
October 2016
Adapted from Soul Matters Sharing Circle materials

Welcome and Explanations

Chalice Lighting

For every time we make a mistake and we decide to start again:

We light this chalice.

For every time we are lonely and we let someone be our friend:

We light this chalice.

For every time we are disappointed and we choose to hope:

We light this chalice.

- Julia Hickory

Sharing Silence

On Our Hearts

Covenant and Ground Rules

This covenant is adapted from *Heart to Heart* 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

Nurture your spirit. Help heal our world.

- UU bumper sticker

There's a thread you follow. It goes among
things that change. But it doesn't change.
People wonder about what you are pursuing.
You have to explain about the thread.

But it is hard for others to see.
While you hold it you can't get lost.
Tragedies happen; people get hurt
or die; and you suffer and get old.
Nothing you do can stop time's unfolding.
You don't ever let go of the thread.
~ William Stafford, *The Way It Is*

Cure may occur without healing; healing may occur without cure.
Cure alters what is; healing offers what might be.
Cure is an act; healing is a process.
Cure seeks to change reality; healing embraces reality.
Cure takes charge; healing takes time.
Cure avoids grief; healing assumes grief.
Cure speaks; healing listens.
~ Fred Recklau

Let us not rush to the language of healing, before understanding the fullness of the injury
and the depth of the wound.
Let us not rush to offer a band-aid, when the gaping wound requires surgery and complete
reconstruction.
Let us not offer false equivalencies, thereby diminishing the particular pain being felt in a
particular circumstance in a particular historical moment.
Let us not rush past the loss of this mother's child, this father's child, someone's beloved son. ...
Instead
Let us mourn black and brown men and women, those killed extrajudicially every 28 hours. ...
Let us be silent when we don't know what to say.
Let us be humble and listen to the pain, rage, and grief pouring from the lips of our
neighbors and friends.
-- *Dr. Yolanda Pierce, from A Litany for Those not Ready for Healing*

Questions for consideration

1. Has there been a time in your life when you or your community healed well? What made healing possible?
2. Share a time when you or those around you "rush[ed] to the language of healing, before understanding...the depth of the wound." Did you learn something from that time?
3. How is healing important to your spiritual life?
4. What question do you wish had been asked?

Sharing

Reflecting on Our Time Together

Closing Words

May you find deep relief in the hope that comes from knowing your own inner strength
and the comfort that comes from being loved. ~ Alexis Engelbrecht