

2020-2021 Chalice Circle Session Plan

2020 September	- Navigate Uncertainty
2020 October	- Transform Rage
2020 November	- Keep Going
2020 December	- Seek Delight
2021 January	- Stay Grounded
2021 February	- Love Well
2021 March	- Pay Attention
2021 April	- Nurture Beauty
2021 May	- Find Belonging

Chalice Circles

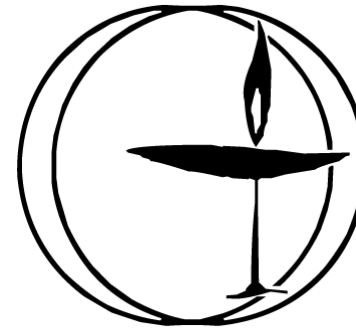
3rd Thursdays 7 pm - Kathie Bergman and Peter Holmes,
facilitators

2nd Wednesdays 9 am - Jeanne Murphy and Lisa Fritsche,
facilitators

2nd and 4th Wednesdays 7pm - Qhyrrae Michaelieu and
Crystal Buffaloe, facilitators

2nd Thursdays 7pm - Christine Heath, facilitator

Chalice Circle



**Unitarian Universalist Church
of Columbia, Mo.**

Transform Rage

**Anger is just suffering that has not met with
compassion -- Dalai Lama**

Opening Words and Chalice Lighting

Deep in the shadow of night, down near the crossroads and cemetery gates, with bitter liquor and cigar smoke wafting, I greet you.

Clad in white, upon the floor before shrines, following the names of the Ancestors being uttered, I greet you.

You are the sacred and righteous rage of my people.
Echoing throughout time from the Lands of our Elders,
from depths of the oceans, I hear you now.

– Byron Tyler Coles

Check-in

Take a deep breath and check in with how you are feeling in your body. Now briefly describe where you are in your life now.

Reading

I Am An Angry Quaker - see page attached

Sitting in Silence

Take this time to center yourself and think about what you will share with the group.

Sharing/ Deep Listening

Share your reflections on anger or rage from your experience. What does this mean to you now?

Additional Thoughts

What came up for you while listening to others?

Reading

And while there is injustice, anesthetization, or evil
there moves a holy disturbance,
a benevolent rage,
a revolutionary love,
protesting, urging, insisting
that which is sacred will not be defiled.

Those who bless the world live their life
as a gesture of thanks
for this beauty
and this rage.

--*Excerpted from Choose to Bless the World by UU the Rev. Rebecca Parker*

Checkout – Likes and wishes

What did you like about this meeting? What do you wish for future meetings?

Closing Words/Extinguishing the Chalice

O Source of peace, lead us to peace, a peace profound and true; lead us to a healing, to mastery of all that drives us to disease within ourselves and with others.

I Am An Angry Quaker by Parker Palmer

I'm a Quaker. I stand in a religious tradition that asks me to live by such values as community, equality, simplicity, and non-violence. As a result, I frequently find myself in deep oatmeal — especially when it comes to politics, where I seem to have an anger management problem. Not long ago, a friend with whom I'd been having a heated political argument gave me a black t-shirt that says "One Mean Quaker."

Does anger have a role to play in the life of someone who aspires to non-violence? For better or for worse, it's a reality in mine. Exhibit A is the anger I feel toward our (new) president who, among others things, [lies with astonishing abandon](#).

Occasionally, I'm taken to task by people who regard anger as a spiritual flaw to be eliminated. But I beg to differ:

- When something is morally wrong, it does more harm than good to put a spiritually positive spin on it. Whitewashing in the name of God doesn't improve the world — it discredits religion as yet another source of delusion.
- I'm all for forgiveness as an antidote for anger. I agree with those who say that forgiveness is key to carrying on, and I

love Anne Lamott's quip that, "Not forgiving is like drinking rat poison and waiting for the rat to die." But forgiveness, I've discovered, is not always mine to give — especially in relation to someone who has a **long history of malicious acts** and remains unrepentant. Sometimes I have to pass the forgiveness baton to higher powers, as **Iris Dement** does in her tragicomic C&W song: "*God may forgive you, but I won't. Jesus may love you, but I don't.*"

- I know that anger has the potential to harm the person who's angry, and others in his or her orbit. But three **deep dives into depression** have taught me that anger buried under piosity poses more threats to my well being — and that of those around me — than anger expressed non-violently. Repressed anger is dangerous. Anger harnessed as an energy we can ride toward new life for all concerned is redemptive.

Before I'm condemned by the "spiritually correct" — whom I regard as more dangerous than their "politically correct" counterparts — please note that my anger is aimed at the president, not at those who voted for him. That's a big change for me, brought about by inner work I've been doing since Election Day when I was angry at all of those voters and the horses they rode in on.

Setting aside those for whom I have no compassion — e.g., hardcore anti-Semites, white supremacists, and wealthy tax-evaders who don't know the meaning of "enough" — I've come to understand that many who voted for this president did so for reasons [connected to the challenges they face](#).

I'm a straight, white, upper-middle-class male who has benefited from all the perks this society automatically bestows on people like me. At age 78, I have few of the financial concerns that animated a lot of votes in the last election. The education I've been able to afford — along with the time and inclination I have to read a variety of news sources — has made me less likely to fall for fake news, "alternative facts," and false reasoning. And for decades, my work has blessed me with a diverse band of colleagues and friends whom I love and respect, so the fear of "the other" that drove some votes is not a driver for me.

If I'm unable understand that my life story gives me good reason and a few tools to understand people whose lives and politics diverge from mine, then I'm as heartless and witless as I believe our leaders to be.

What does it mean, in the words of May Sarton, to "at last act for love"? The answer depends on one's gifts and callings. For me, it means at least this: I want to redouble my efforts to help us renew our capacity for civic community and civil discourse. I want to [ride the energy of](#)

[anger](#) toward work that brings citizens together in life-giving live encounters — knowing that if the reality of "We the People" continues to fade into mist and myth, we'll lose our democracy.

Spirituality and anger (and humor) are not necessarily at odds. Or so it seems to "One Mean Quaker" as I continue to stumble through life — well aware that, before too long, I'm likely to find myself in deep oatmeal again.