

2022 October Chalice Circle: Grounding

Opening Words & Chalice Lighting

For this one moment in time, Spirit of Life, we let go, for this moment.

Song: “Common Ground” by the Paul Winter Consort

<https://www.youtube.com/watch?v=tofHhy6Xkjl>

(can end at 2:08 or 3:15 for shorter version)

OR

When I Breathe In (Teal Hymnal)

<https://www.youtube.com/watch?v=Ye-0RQoQarc>

Check-in: Without crosstalk or interruption, briefly describe where you are in your life now, and notice what needs to be shared in order to be fully present in our circle.

Reading 1

Grounding: Kvsyrhmrk\$w\$e\$tevgxi\$js\$irivixgep)\$srrigxrk\$\$sywipj)\$syvzeyiw\$
erh)\$syv\$zmr2E\$w\$ss\$w\$e\$tevgxi\$js\$irivixgep)\$srrigxrk\$\$di\$evl\$nois\$
tprx\$w\$ { mkr\$vsq \$e\$sywlmrk\$erh\$wefp\$tp\$e\$je

Reading 2

px\$ym\$rh\$li\$vi\$

px\$li\$rh\$sr\$iy

where there was once a slaughter

let him enter the lion's cage

& find a field of lilacs

let this be the healing

& if not let it be

by Danez Smith

Questions to Consider

1. Do you intentionally work to ground yourself?
2. Journaling, Meditation, Gardening, Listening to Music, Decluttering are some ways of grounding. What activities do you engage in or want to use?
3. How do you make time to engage in these activities?

Sitting in Silence: We will sit in silence for 5 minutes. Take this time to reflect on the readings, questions, and theme. Center yourself and consider what you want to share with the group.

Sharing/Deep Listening: Please listen deeply to others & share of your own experience and thoughts on this topic without crosstalk or interruption.

Additional Thoughts/Crosstalk: As time allows, after listening to others, do you have additional thoughts to share?

Checkout: How are you feeling now as we leave this circle?

Closing Words & Extinguishing the Chalice

Steady mind is a
tree reaching for daylight
hidden behind fog
by Mike Wilson