



Chalice Circle January 2023
Theme: Formation/Transformation

Opening Words and Chalice Lighting

*"We light this chalice on the brink of a new year
Letting go of what has been
Open and hopeful for what may come
Renewed, restored, ready to live life fully anew
May we move forward with intention."
- Lois Van Leer*

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

Song/Youtube link

<https://youtu.be/4BgF7Y3q-as>
"Changes," David Bowie

Readings 1&2

*"Scared and sacred are spelled with the same letters. Awful proceeds from the same root word as awesome. Terrify and terrific. Every negative experience holds the seed of transformation."
- Alan Cohen*

*"If the point of life is the same as the point of a story, the point of life is character transformation. . . . In nearly every story, the protagonist is transformed. (S)he's a jerk at the beginning and nice at the end, or a coward at the beginning and brave at the end. If the character doesn't change, the story hasn't happened yet. And if story is derived from real life, then life itself may be designed to change us so that we evolve from one kind of person to another."
- Donald Miller*

Questions to Consider

1. Are we more changed by negative experiences than by positive ones? Why or why not?
2. Is it true that "suffering builds character" ?
3. What kind of life experiences have you had, that have formed or transformed you?

Sitting in Silence: We will sit in silence for 3-5 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 the topic/readings without crosstalk or interruption.

Additional Thoughts/Crosstalk: What questions or additional thoughts do you want to share?

Reading 3

"You can't be brave if you've only had wonderful things happen to you."

- Mary Tyler Moore

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

Closing Words/Extinguishing the Chalice

"The Chalice is now extinguished,

but its light lives on in the minds and hearts and souls of each one of you.

Carry that flame with you as you leave this place and share it

With those you know

With those you love

and most especially, with those you have yet to meet."

- Brian Kiely