

## Chalice Circle March 2023

### Theme: Emergence



#### Opening Words and Chalice Lighting

Why We're Here *By Erik Walker Wikstrom*

Here, today, in this place and with these people,  
May we listen so that we can hear;  
May we hear so that we can feel;  
May we feel so that we can know; and  
May we know so that we can change ourselves and this world.  
May this chalice we light,  
Light our Way.

Reading 1: "Everything must break open to live. The seed must break open for the tree to grow. The egg must break open for life to emerge. The Earth must turn and the cloud must burst. You were never meant to stay in your shell."

— *Thomas Lloyd Qualls*

Youtube: <https://youtu.be/pgtmlVqCKxc>

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.

Reading 2: "Emerging from a story, a poem, the Earth, a time in history, or from the body of our mothers is sometimes explosive, chaotic, frightening, yet always awe-inspiring and humbling. We can use the energy to create fresh structures, or we can destroy or be destroyed. The energy can over power us or empower us, and even what is destructive might clear the debris so that fresh life can emerge from embers or ashes." — *Joy Harjo*

#### Questions to Consider

1. Do you have a shell where you feel safe and comfortable?
2. When and why have you emerged from your shell? Was your emergence temporary or permanent?
3. How did it feel?

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: After listening to others, what questions or additional thoughts do you want to share?

#### Reading 3

"Change does not take place easily but through painful emergence." — *Lailah Gifty Akita*

Checkout:

- What is one thing you're taking with you from tonight's discussion?
- How can your fellow circle members support you until we meet again?

Closing Words/Extinguishing the Chalice

May You Be Changed — *By Emily Richards*

May you leave this time together changed.

May the promises you have made to yourself about who you want to be  
feel closer to the reality of who you are right now.

May you share that feeling of transformation wherever you go.

May it spread into every word, deed, thought, and interaction

Until we are all changed, transformed and transforming together,  
becoming our better selves.