

2023 September Chalice Circle: *Willingly*

Opening Words and Chalice Lighting: This is a community of compassion and welcoming. You do not have to do anything to earn the love contained within these walls. You do not have to be braver, smarter, stronger, better than you are in this moment to belong here, with us.

Song: <https://youtu.be/3Apk2Qr9yVc?si=DfZ3IFUEexyoKweR>

"Willing and Able" by Prince and the New Power Generation (1991)

First Readings:

definition of Willing: 1) "inclined or favorably disposed in mind : Ready.

2) "prompt to act or respond"

3) done, borne, or accepted by choice or without reluctance - Webster's.com

"Inner transformation of human beings is about moving from unwillingness to willingness. That is a silent revolution." - Sadhguru

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.

Additional Readings: "We seldom do anything to the best of our ability. We do it to the best of our willingness."

"Courage is simply the willingness to be afraid, and to act anyway." - Robert Anthony

"And going a little farther, he fell on his face and prayed, saying "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." Mark chapter 14, verse 35-36

Questions to Consider:

1. What makes it easy (or hard) to do something willingly?
2. Does it matter if we approach a task willingly, if we do it anyhow?
3. Think of a time when you did something willingly, or less so. Did your willingness make the experience different? Was the outcome different?
4. How can gratitude influence our willingness?

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 share your own experiences and thoughts about the topic and readings with no crosstalk or interruption. Please ensure everyone gets an equal opportunity to share.

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

Checkout: What are you taking with you as you leave the circle? How can we support you in the month ahead?

Closing Words/Extinguishing the Chalice: "Very little grows on jagged rock. Be ground. Be crumbled, so wild flowers will come up where you are." - Rumi, Persian mystic and poet

Song Lyrics

Said I'm willin' and I'm able
I'm ready to place my cards on the table
I've been holdin' back this feelin' for far too long
Now that I'm willin', it's a fact
Is truly mighty strong
Like a child lost in the wilderness
'Till I reach my destination, I won't rest

'Cause I'm willin'
And I'm able
I'm ready to place my cards on the table

There's some kings in my deck and a queen or to
So you know there ain't nothin',
Nothin' that I wouldn't do
It 'twas a long time coming,
But now that it's here
All the non-believers better fear me

'Cause I'm willin'
And I'm able
I got good and plenty cards
To place on the table

Been holdin' back this feeling for far too long
Now that I'm willing, this feelin'
It's truly mighty strong

I'm willing
And able
My vision is all clear, I'm feelin' kinda stable
You know I am, you know I am
Ready to whisper (whisper, whatcha say)
Ready to shout (shout, now whatcha say)
Ready to scream from the highest mountain top (whatcha say, whatcha say)

Lord, I'm willing and able
I want to dance and sing, somebody watch me do my thing x2

Let me take a bite
To see if you're ripe
I'm kinda thinkin' about
Takin' a hunk, chunk a piece of your love tonight

Well hello, MC T on a mello swing low to the tempo
As I flow on a roll here we go, willing and able start the show right
With that type of hype
Lay my cards on the table tonight
Don't take me light my flow hits you just like a lead pipe
While I'm clockin' You just say 'fess about the boots I'm knockin' It ain't like that
(Somethin' to keep the Jimmy so get) off my back
In fact you lack the knack step back before I show you how a fool acts, baby