

## 2024 April Chalice Circle: Adaptively

### Opening Words and Chalice Lighting

We light this chalice to affirm that new light is ever waiting to break through to enlighten our ways:

That new truth is ever waiting to break through to illumine our minds:

And that new love is ever waiting to break through to warm our hearts.

May we be open to this light, and to the rich possibilities that it brings us.

Adapted from Napoleon Lovely.

### Song [“Sing When the Spirit Says Sing,” Bob McGrath](#)

You gotta sing when the spirit says sing,

You gotta sing when the spirit says ting,

When the spirit says sing, you gotta sing right along,

You gotta sing when the spirit says sing.

(Spirit says clap.

Spirit says shout.

Spirit says hum.

Spirit says sing.)

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:

“The dream of the cell is to become two. The evolutionary thrust surges through us as dreams, sensations, longings, images, and inexplicable utterances and gestures. We are constantly adapting, creating, filling, emptying as we become the dream. From the elegant simplicity of our cells to the vast complex networks of our brain we are becoming more. “In aikido we surrender to the spiral that lives in the blood and plasma of our veins, to our circulating breath, to our turning dance in gravity, to the galactic revolutions that spin in the heavens. Spirals that rise and fall as do civilizations, tectonic plates, to our standing and lying down every day.”

—Richard Strozzi-Heckler

Somatics is the study of the soma, a Greek word that means “the living organism in its wholeness.” It is a methodology for transformation that helps us understand that change doesn’t come simply from thinking differently. The process involves shifting what we understand, what we can feel, and what we practice, reconnecting us with the incredible data and resilience of the body.

Somatics talks about the body as three billion years of evolutionary wisdom. It’s really more than the body in the “Cartesian” view—body as object or machine. Somatics brings an understanding and way to work with us as whole—mind, beliefs, emotions, relations, resilience, adaptations, biology, meaning, and actions... All within and through the body. And, that we are collective bodies as well. We transform both individually and collectively.”

(brown, adrienne maree. Emergent Strategy (pp. 202-203). AK Press. Kindle Edition.)

### Reading 2:

“Adapt yourself to the things among which your lot has been cast and love sincerely the fellow creatures with whom destiny has ordained that you shall live.”

(Marcus Aurelius)

### Reading 3:

“I am no longer accepting the things I cannot change. I am changing the things I cannot accept.”  
(Angela Davis)

Questions to Consider:

1. What comes to mind when you imagine living or moving through the world adaptively?
2. What are some ways in which you have chosen to adapt in regard to relationships, at work, at play, and/or at rest?
3. Are there instances that come to mind where you've chosen not to adapt, or to adapt to a lesser extent than you could have?
4. Do you find it difficult to adapt? Are there things that make it easier/harder?

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

May I be a guard for those who need protection; when I seek protection, may I find it and share it.

For those who wish to cross to a further shore, may I be a boat, a raft, a bridge.

May I be open to the companionship of others as I make my way to places still before me.

May I be a lamp in the darkness for all who seek it; may that light be never extinguished from my own sight and my own heart.

May I be a resting place for the weary and be healing medicine for all who are sick;

may I know the salve of others for my own afflictions, whether of the body or of the mind, or of the heart.

Where others see scarcity, may I see a vase of plenty, a tree of miracles.

As part of the boundless multitudes of living beings, may I bring sustenance and awakening, freedom from sorrow,

and may I delight in our common existence.

Holding most tenderly those with broken hearts, let us sit together in stillness.

--prayer of Shantideva