



Chalice Circles - February 2026

Theme: Survival is not a factory. It is a poem.

Translation: Creativity. Beauty.

Chalice Lighting:

***Joy and Power That Grow* By Jami Yandle**

*We light this chalice
for the quiet truths we carry,
and for the futures we're brave enough to write.*

*In this circle, we honor
the courage it takes to live openly,
the softness that sustains us,
and the joy and power that grow when we gather.*

*As the chalice glows
may we feel steadiness rise in us.*

*May we trust that our becoming—
messy, radiant, unfolding—wholly belongs to us.*

Check-in

Without crosstalk or interruption, please check in with the group, describing where you are in your life now, noticing what needs to be shared in order to be fully present in our circle.

Song to Listen and/or Sing:

This song is called "Let It Go", written and performed by violinist and songwriter Gaelynn Lea at her home in Duluth, Minnesota. A recording of this song is available on Gaelynn's very first album, "All the Roads that Lead Us Home", released in 2015. May we be able to release the things in our lives that no longer serve us.

"Let It Go" Performed by Gaelynn Lea

<https://www.youtube.com/watch?v=aJiKIDC8Xlo&list=RDTC8s2MN1A&index=2>

Lyrics:

When the smoke clears, when the dust settles
Where do you go? Who do you know?
When the damage is done, and it blots out the sun
To whom do you run, to whom do run?

Let yourself let it go
The urge to have, the need to know
Stay awake through the flow
And let yourself let it go

You carry these wounds deep in your chest
Too hard to release and lay them to rest
When the bitterness creeps in, how do you keep it
Under control, from robbing your soul?

Let yourself let it go
The urge to have, the need to know
Stay awake through the flow
And let yourself let it go

Reading #1:

Breathe, you are alive!
Stillness is not the enemy.
It's the only balm.
It is the spark
That wakes you up.
Remember
who you are.

Who are you?
Are you what you do?
How you perform!
Different acts every hour -
are you brilliant, burning, beautiful?
Or are your fires uncontrolled?
Pulled in every direction,
can you admit you may be tired?
Exhausted, even.

Are you your fears?
Your wants?
Your needs?
Are you the good and bad words
you use to describe yourself?
Some of the time, at least.
Are you your inconsistencies?
Are you afraid to look at yourself,
Afraid to remember?

We make ourselves up,
Put ourselves out there
as works of Art
as entertaining shows
for the world to see
to judge
to notice.

You are a work of art,
but not how you think.
It's in your eyes when you laugh,
when you smile,
when you're angry,
when you cry.

You can't hide it -
it leaks out
it flashes across your face.

Your soul bursts through
in moments of true tenderness
When the empathy just kind of swells
Up from nowhere. From very deep.
You are in there.

Divine.
Why are we so afraid of it?
Why do we try to bury it alive
In schedules and important deadlines
and hurrying?
We have let too much in

Crowded ourselves out
Forgotten our purpose,
Forgotten to show up.

Pause.

Sit with yourself
Sit with a neighbor
Sit with me.
Notice, when you are quiet,
how the Divine
whispers.

Notice all things.

Just
be
in
the
present
for
a
moment.

Remember to
breathe, Love.
You are alive.
- *Breathe You are Alive* Poem by Gaelynn Lea

Reading #2:

“Let your mind go and your body will follow”
The billboard in 1991 film, *LA Story*

Reading #3:

“The true mystery of the world is the visible, not the invisible.”
- Oscar Wilde

Questions to Consider

- 1) Are you creative? What binds your creativity? Is it limitless?

- 2) What is the power of creativity and beauty? How can creativity and beauty save the world? Why does this conversation matter?
- 3) Who inspires you? What inspires you? Is spirituality at play?
- 4) Has someone's or your own creativity ever surprised you?

Sitting in Silence

We will sit in silence for 5 minutes. Take this time to center yourself and reflect on the readings, questions, and theme, considering what you would like to share with the group. Feel free to free-write or draw/sketch/doodle during this time too. Pages of poems leave lots of white space...go wild, go deep, let it go...

Sharing/Deep Listening

Please listen deeply to others & share from your own experience and thoughts on the readings, questions, or theme without crosstalk or interruption. Please ensure everyone gets an equal opportunity to participate.

Second Sharing/Crosstalk

As time allows, after listening to others, do you have additional thoughts to share?

Check-Out

How are you feeling now, as you leave our circle? What are you taking with you? How can we best support you in the weeks ahead?

Extinguishing the Chalice

May Our Lives By Chris Rothbauer

May our lives be reflections of the beauty, peace, and joy that is possible in the world, and may the love we find in this place sustain us as we go our separate ways.