**ERUFF COVENANT GROUP/ CHALICE CIRCLE SESSION**

April 2021 Soul Matters Topic: BECOMING

**Preliminaries/Group Business:**

**Opening Words and Chalice Lighting:**

…Let us open ourselves, here, now, to the process of becoming more whole—

of living more fully; of giving and forgiving more freely; of understanding more completely…

--Rev. Tim Haley

**Check-in:**

**Topic Introduction:**

“Becoming” suggests the process of changing from one state of existence to another. It can relate to the unfolding of our understanding of our unique journeys and core passions; it can also relate to untangling from old patterns and habits to open our eyes to something fresh and new. We also know that it’s a dynamic process, happening over and over and influenced by new ideas, our changing times, our communities, and all the people in our lives who touch us.

The path of awakening is not about becoming who you are. Rather it is about unbecoming who you are not. —Albert Schweitzer

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. —Anais Nin

Do not ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive. —Howard Thurman

The reward for conformity was that everyone liked you except yourself. —Rita Mae Brown

A person will worship something, have no doubt about that. We may think our tribute is paid in secret in the dark recesses of our hearts, but it will come out. That which dominates our imaginations and our thoughts will determine our lives, and our character. Therefore, it behooves us to be careful what we worship, for what we are worshipping, we are becoming. —Ralph Waldo Emerson

We find comfort among those who agree with us—growth among those who don’t. —Frank A. Clark

Do not ask your children to strive for extraordinary lives. Such striving may seem admirable, but it is the way of foolishness. Help them instead to find the wonder and the marvel of an ordinary life. Show them the joy of tasting tomatoes, apples and pears. Show them how to cry when pets and people die. Show them the infinite pleasure in the touch of a hand, and make the ordinary come alive for them. The extraordinary will take care of itself. –William Martin

**Questions for Reflection: (Answer one or two; no crosstalk; 3-5 min. per person)**

1. Discuss ways that you may have become what your childhood self imagined you would become, perhaps in a totally unexpected form.

2. Were you told “You can become anything you want to be” or did you sense certain constraints? How might such spoken or unspoken messages have influenced who you have become?

3. What has growing older unexpectedly birthed in you?

4. Many of us mark the beginnings of our becoming as the time when we discovered one of our core passions. When did you discover your first passion? How has it grown and morphed over the years? How are you being called to rekindle it anew?

5. Sometime becoming first requires us to unbecome who we are not. Are there parts of your identity you have had to leave behind before you could unfold? What was that process like?

6. What hardships, conflicts, or unique challenges that you have faced in your life can you now come to appreciate as helping you grow into the person you are becoming?

**Responses/Discussion/Affirmations: (Time is variable; crosstalk appropriate)**

**Likes and Wishes:**

**Closing words and Extinguish Chalice:**

We celebrate together our individual journeys and dreams, and our collective ones,

Knowing the journey is so much richer with others to share in it. —Sara Eileen LaWall

**Additional Resources:**

Your Journey of Becoming in Six Words

Larry Smith created a website - Six Word Memoirs. This six-word challenge helps people focus on, celebrate, remember and hold on to the essence of their stories of becoming.

● The Story of the Six-Word Project: Why it worked and why it matters

<https://www.youtube.com/watch?v=jR1V7lxsOu0>

What Inhibits Our Becoming

Elizabeth Wilkerson’s Caste: The Origins of Our Discontents, continues to uncover the unacknowledged and insidious structures that divide us and prevent the full becoming of all our citizens.

America will never be a “land of true becoming” as long as the undertow of caste remains in place.

Here’s her book and other avenues for exploration:

● Caste: The Origins of Our Discontents, Isabel Wilkerson - Book <https://www.amazon.com/Caste-Origins-Discontents-Isabel-Wilkerson/dp/0593230256>

● NY Times Review <https://www.nytimes.com/2020/07/31/books/review-caste-isabel-wilkerson-origins-of-our-discontents.htm>

● PBS Interview: <https://www.youtube.com/watch?v=Nz0HYnQWMwQ>

● Interview with Trevor Noah: <https://www.youtube.com/watch?v=7m49DT8pPe0>

● Discussion with Bryan Stevenson: <https://www.youtube.com/watch?v=bP0m0jKORwg>

On the not-so-subtle message that becoming “ordinary” is not good enough!

<https://www.youtube.com/watch?v=1KDB42qGT-8>