

Transformation

Rev. Maj-Britt Johnson, The Community Church of Chapel Hill Unitarian Universalist (NC), April 2010:

Opening words and Chalice lighting

“Nature often holds up a mirror so we can see more clearly the ongoing processes of growth, renewal, and transformation in our lives.” (anonymous)

May the light of this chalice symbolize the mirror we hold up for each other as we listen deeply and speak from our own truth.

Check in:

For the one hour drop-in groups: A brief check in such as “how is it with your spirit today?”

For the two hour covenant groups: What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing. Each person in the group speaks uninterrupted for approximately ____ minutes.

Introducing the topic of Transformation

Transformation means literally, across form, or to change form or shape. This month we are watching the annual transformation of our landscape as spring returns . The Christian story of easter is about transformation too.

To quote from my own sermon :) from Easter sunday:

In the gospel of John, at the last supper, before Jesus is taken to be crucified, he says: “A little while and you will see me no more; again a little while, and you will see me.” And then later, after he has died on the cross, his women friends go to where he was laid after his death. They find the tomb empty but he appears to them, and they don’t recognize him at first. He has returned in another form. Transformed. Later he meets with the disciples, and they don’t recognize him either, but then he breaks bread with them, and then they do have eyes to see, and they recognize him, and when they do, “he vanished out of their sight”. In a mystical, and yet earth based, understanding of this story, what is being described is how everything, including us, disappears back into the great ocean of being, and then reappears in one form or another. Life is one big story of resurrection, of transformation.

Questions – choose the one that speaks to you:

What in your life is undergoing transformation these days?

What have been the major transformations you’ve seen already?

Many people these days think the world is in the process of a major upheaval leading toward a great transformation. What do you think?

Guidelines for Sharing – (leader reads these guidelines, or has another person do it, then can repeat the questions again)

We'll each speak for roughly _____ minutes, with no cross talk or interruptions. Cross talk means advice giving, blaming or trying to fix another person. It is wise to speak in the first person, "I think, I feel..."

When we are listening: Try to listen to each other as if you were listening to, or watching, your own thoughts. Let others' words simply fall down into your heart. It is not necessary to give the person reassurances that they are being heard, such as nodding or eye contact. By simply listening together we create a holding space for each speaker. Comfort and care can be offered after the group session.

When it is your turn to speak it is not necessary to respond to the persons who have gone before you, though you may find yourself building on what has been shared already. Find out what your own inner wisdom wants to say. Together we create a quilt of wisdom, the design is a surprise.

(Leader can re-read the questions here)

-Sharing around the circle

-After everyone has shared (some groups go around twice, or more)...

Likes and Wishes – What did you like about this session? What would you wish to be different if anything?

-Closing words

Help us to be the always hopeful
gardeners of the spirit
who know that without darkness
nothing comes to birth
as without light nothing flowers.- May Sarton