

## The Shadow

Chalice Lighting

Sharing of Joys and Concerns

Silence, holding ourselves and each other in silent support.

Shared Readings

If we don't know what is driving our behavior we are powerless to stop it. In fact, we will usually create the same or similar circumstances over and over again until we are willing to look at ourselves and resolve issues. Kathy Jourdain

To light a candle is to cast a shadow.  
Ursula LeGuin

A soulful life is never without shadow, and some of the soul's power comes from its shadow qualities. If we want to live from our depths – soulfully – then we will have to give up all pretenses to innocence as the shadow grows darker. Thomas Moore

Deep Sharing/Deep Listening

Group Business

Closing Words and Song "Go Now in Peace"

## Deep Sharing/Deep Listening

During this time, one person speaks at a time, into an appreciative silence. The only response to the speaker is non-verbal, although the leader may express thanks if that seems comfortable. There is a brief moment of silence between speakers so that we can let the sharing "sink in." Then the next person will share. This may seem awkward or unsupportive at first, but most groups find it very satisfying once they get used to it.

The one who is sharing has the job of speaking deeply from their heart about the topic at hand. Listeners have the task of keeping an open heart to what is shared.

The next speaker has the task of leaving some space before they speak. The leader is responsible for helping speakers remember the time frame they have to speak in.

The speaking may go in any order. It is assumed that everyone in the group will speak, but if someone does not want to speak, they may pass.

In a second "round" everyone who wishes to add second thoughts or thoughts sparked by what was shared may do so. It is not appropriate to ask questions about what someone else shared, only to reflect on what the sharing sparked in oneself. Once again, there should be a bit of silence between speakers.

If everyone has had a chance to speak a second time and there is time remaining, there may be a more conversational time. Those who are speaking should be aware of whether others wish to speak. Once again, the focus should be on what you are thinking and feeling, rather than probing others or attempting to solve problems for them.

## Go Now in Peace 413

$\text{♩} = 52$

①  
Go now in peace. Go now in peace.

②  
May the love of God sur-round you ev-ery-where,

③

④  
ev-ery-where you may go.

The musical score is written for voice and piano in 3/2 time. It consists of three systems of staves. The first system has a tempo marking of quarter note = 52. The lyrics are: 'Go now in peace. Go now in peace.' The second system has lyrics: 'May the love of God sur-round you ev-ery-where,'. The third system has lyrics: 'ev-ery-where you may go.' There are four numbered circles (1, 2, 3, 4) above the staves indicating measures.

Words & music: Natalie Sleeth, 1930 , based on Luke 2:29,  
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GO IN PEACE  
Irregular

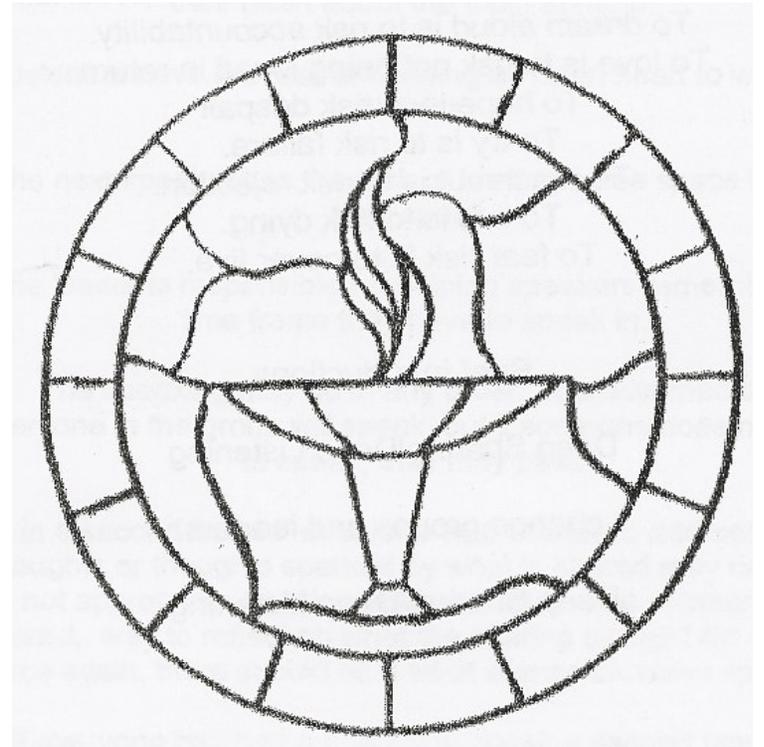
I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group.
- to honor the group by letting the leader know if I will be absent and to come to the group one last time and say goodbye if I need to quit.
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others.
- to not gossip about what is shared in the group, and not tell other people's stories.
- to listen to what others share with an open heart, and to share deeply in my turn.

## Covenant Circles

The First Unitarian Church of Albuquerque

### Shadow



## ***Shadow, Leader's Notes***

Choose a Chalice lighting

Remind people that this sharing is for those with milestones to share, who want to ask for the group's support for something, or who come with a heavy heart or a worry...it's not a check in, and it's fine if people have nothing burning to share before the silence. Add to the check in any news you have about absent group members. ("John can't be here because his wife is ill...")

Time that 2 minutes of silence! It will seem like a long time to you but to those who have come from a busy, noisy day, it is a gift.

Ask someone to begin reading one of the readings and go around, with silence between. Keep going until everyone has read, which means that you'll repeat the sequence several times.

Remind the group of the Deep Listening rules, and ask who would like to go first.

When everyone has shared, tell the group that this is the second round, for second thoughts or thoughts sparked by what was shared. Once that has petered out, tell the group how much time remains for free discussion.

Even in the discussion, it is important that everyone be heard. If two people have gone back and forth a couple of times, ask if anyone else has thoughts to share?

In your group business time, you might want to see if someone would like to light the chalice next time, bringing a chalice lighting reading of their own. Hand out the next homework page, which is on the Divine. Point out that there is a homework project to do and ask folks to bring in their project next time. Recruit a song leader if you need one.

## Our Shadow

Jungian psychology suggests that we all learn to relegate parts of ourselves to our “shadows”, that is, psychologically, out of sight and mind. He also believed that the shadow contained parts of ourselves we had not been able to develop yet. So our shadow may include anything we learned growing up that was not acceptable; sexuality, aggression, fear, kindness, ambition, artistic ability, exuberance. It may also include an artistic gift we never developed, an interest laid aside, or a love we’ve not been able pursue. Jung felt there was great power in the shadow, for unacknowledged needs and gifts can skew our behavior, repressing healthy aspects of our personalities and diminishing the scope of our lives and our capacity to live joyfully.

The best way to get acquainted with your shadow is to think about behaviors and traits in others that absolutely drive you crazy. And, since the shadow is cast by strong traits in our persona, perhaps traits that are a bit too strong and developed, what makes us crazy tells us about our self. For instance, if you are driven wild by people who are late, that disorganized, disregard of others is a part of your shadow. That, in turn, suggests that you have an extremely well developed sense of time and, perhaps a somewhat rigid belief in the value of “your” time.

Halloween is a time when the shadow comes out to play! Think of the possibilities! The ordinarily competent man can be a big baby. The reserved woman can be a sexy dancer. The frightened child can be a hero...and the good child can be a villain. On it goes!

Here are some things to ponder and perhaps, to share with the group next time.

- What traits in others most drive you crazy, and what does that tell you about your shadow and your persona?
- Is there an “enemy” that surfaces over and over in your life?
- What would be most upsetting to hear if it were being said about you?
- What Halloween costume would you wear, if you dared, to the “Shadow Ball?” What does that say about you?
- Are there times when you think or say, “I just wasn’t myself!” Is that your shadow side out to play?
- What influences helped to shape your shadow?
- What lessons from the shadow have you learned about yourself over the years?
- Is there a situation in which you find that you consistently over-react?
- What are some of your strongest traits and what shadow do they cast?