

Facilitator Notes for Authenticity

Business

Chalice Lighting

Come into this circle of community. Come into this sacred space.

Be not tentative. Bring your whole self!

Bring the joy that makes your heart sing.

Bring your kindness and your compassion.

Bring also your sorrow, your pain.

Bring your brokenness and your disappointments.

Spirit of love and mystery; help us to recognize the spark of the divine that resides within each of us.

May we know the joy of wholeness.

May we know the joy of being together.

Andrew Pakula

Sharing of Joys and Concerns (each person about 2 minutes)

Silence – holding ourselves and each other in silent support – 3 minutes

Shared Readings

Our power lies in our small daily choices, one after another, to create eternal ripples of a life well lived. *Mollie Marti*

It is naive to think that self-assertiveness is easy. To live self-assertively—which means to live authentically—is an act of high courage. That is why so many people spend the better part of their lives in hiding—from others and also from themselves. *Nathaniel Branden*

Hard times arouse an instinctive desire for authenticity. *Coco Chanel*

Honesty and frankness make you vulnerable. Be honest and frank anyway.

Kent M. Keith

How desperately difficult it is to be honest with oneself. It is much easier to be honest with other people. What is true is invisible to the eye. It is only with the heart that one can see clearly.

Antoine de Saint-Exupéry

Example is not the main thing in influencing others. It is the only thing. *Albert Schweitzer*

Communication works best when we combine appropriateness with authenticity, finding that sweet spot where opinions are not brutally honest but delicately honest. *Sheryl Sandberg*

I'm a thousand different people. Every one is real. *Candy Darling*

The struggle to excavate your true, authentic self from beneath the mountain of conditioning and ridiculous expectation is the epic struggle of your lifetime. *Bryant McGill*

When I'm watchin' my TV, and that man comes on to tell me, how white my shirts can be, but he can't be a man 'cause he doesn't smoke, the same cigarettes as me. . . . I try and I try and I try, but I can't get no satisfaction. *Mick Jagger, Keith Richards*

Deep Sharing / Deep Listening

In the rounds of sharing, pay close attention to the allotted time so that all members have the opportunity to share.

Round 1 (each person about 2 minutes)

What does authenticity mean to you? Share briefly.

Round 2 (each person about 5 minutes)

Share more deeply stories and experiences of authenticity as a result of your exploration of the preparation materials.

Round 3

As time allows, share additional thoughts on authenticity or reflect on what others have shared.

Closing Words

Our deepest calling is to grow into our authentic selfhood,
whether or not it conforms to some image of who we ought to be.
As we do, we will not only find the joy that every human being seeks;
we will also find our path of authentic service in the world.
Parker Palmer

Song or Chime

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share with the facilitator the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, or giving advice
- to share as deeply as I can when it is my turn