



Chalice Circle Packet

July-August 2020

What Does It Mean to Live Faithfully on the Journey?



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JOURNEY

Journey is a word we often use for challenging times when outcomes or even the path toward them is unknown. At its most basic, the dictionary defines it as “an act of traveling from one place to another.” The definition adds that a journey can also be, “a long and often difficult process of personal change and development.” We sometimes use the word journey to describe everything from the experience of living with a difficult medical diagnosis, to our lifelong paths seeking spiritual growth, to the challenging passage toward justice in the world.

But the word’s origins point toward something more immediate. Our English word “journey” derives from the French word *journée*, meaning “day.” In its earliest English usage, journey meant a day’s travel or a day’s work. Which is all we can really take on when the destination is unknown and the route to get there is uncertain. We learn to live and travel and work one day at a time.

Lao Tzu said several millennia ago, “The journey of a thousand miles begins beneath your feet.” Here. Now. Wherever you are, today. It is the only place for any journey to begin. From the ground beneath your feet. Or one might say, the ground of being, which in theology is another name for God or the sacred seed within us all.

In the uncertainties of this time of both pandemic and uprising, we are all asked to join a journey on unfamiliar paths toward unknown destinations. Not only is it a journey that can only be taken a day at a time. It also a journey that cannot be taken alone. Day by day, we are asked to begin from the sacred ground beneath our feet, recognizing that the wellbeing of each one of us is, and always has been, intricately interwoven with the wellbeing of all of us.

It might be helpful to name, as part of the ground from which many of us begin, that the word journey also conjures up the mythic concept of the Hero’s Journey. Joseph Campbell described this as the circular quest of every human life and story, one in which the hero hears their call, sets out from home, slays the dragon, and returns transformed, bringing the elixir of all they have learned along the way. Campbell and others note that this narrative arc is found in stories from across time and culture. But for decades, feminists have been asking about the heroine’s journey and whether and how it might be different. Others have noted that the hero’s journey feeds the notion that, despite the guides and mentors encountered along the way, heroes fundamentally journey alone. As such, it sends us searching for individual heroes (or striving to become them) even on journeys where collective heroism might more likely be what is needed.

In the journeys of this time, we are experiencing and witnessing many stories of collective heroism. From mask makers and wearers, to collective actions dismantling systemic racial violence, we are living into a new journey guided by collective consciousness and action. We

must find a way together. Although we are each, of necessity, starting from a different particular “here and now” (and it is important to notice and name that), the larger Here and Now that we share asks us to journey together. To notice both where we are individually and where we are collectively. And to ask how we might travel together to where we want and need to be. We are learning again, as Martin Luther King, Jr. put it from the Birmingham jail, that “We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.” In the double pandemics of COVID and systemic racism, none of us can check in as “safe” until all of us can.

So we begin, every day, by honoring the ground beneath our feet – yours, mine, all of ours – naming the different terrain on which we each stand and the wider landscape that is ours to cross together. Let us collectively hear our call; set out to face the barriers before us, helping one another where needed; let ourselves be changed as we go; and carry with us the elixir of learnings as we find our way to a new home, a new reality as yet to be created and revealed.

Take good care.

Karen

Karen Hering Associate

Minister

adapted from the July 2020 issue of *CommUNITY*

Spiritual Practices

Option A

Mapping Your Journey

Name a journey you are on right now. It can be a physical journey but with a spiritual or internal element to it as well. Then consider, if you were to draw a map of this journey, naming where you have been and where you are now and perhaps speculating on where you are going, what would the geography of your journey look like? Are there mountains of work or endless plains stretching before you? Is there a desert or a cliff somewhere? A large chasm or river to be crossed? An ocean of plenty? A swamp of regrets? A safe harbor awaiting you?

Draw a map of your journey, including where you have been and what you might guess about where you are headed? What does it tell you about the promises and challenges of your voyage? What will you need to take with you as you continue? What might you need to leave behind? Who might guide or accompany you? And who and what might be waiting to greet you along the way?

Bring your map to share with your chalice circle along with your learnings.

Option B

Journeying through Life's Sacred Circle

(adapted from *Sparks of Wonder*¹)

Find a place where you can travel (walk, roll or scoot) in a circle. Begin wherever you like and in the first quarter around the circle, think about the word *waking*. Notice images, words and associations as you move through this first quarter of the circle. Then pause to consider them or to jot them down.

When you're ready to move on, travel the next quarter of the circle thinking about the word *nourishing*. Again, generate any images, words or associations that calls up as you move through this second quarter of the circle. As you pause at the end of this quarter, reflect on those associations and, if you like, jot them down.

Again, when you're ready, move through the next quarter of the circle, this time thinking about the word *growing* and noticing any associations it brings up. Pause at the end of that quarter to reflect on or record those associations.

Finally, when you're ready, slowly travel the last quarter, thinking about the word *resting*. As you arrive at the starting point in your circle, pause again to reflect or record.

Then, think of a particular question, project, relationship, joy or challenge that is especially present in your life, thoughts and heart on this day. Travel the circle a second time with that thing in mind. As you move through each quarter of the circle, ask how the word for that quarter and its associations relate to your question, project, relationship, joy or challenge.

When you've completed the circle the second time, find a comfortable place to pause and consider which of the four quarters is most prominent for you right now? Do you travel this full circle each day? Each week? Perhaps seasonally? By what rhythms and pace do you fulfill these necessary components of life? How do you recognize them in the particular question, project, relationship, joy or challenge that you named?

If you can, follow this practice daily for a week or longer and notice what you learn about each of the four quadrants. Come to the circle prepared to share what you have noticed and learned.

¹ *Sparks of Wonder*, Becky Brooks and Erika Hewett, Boston, MA: Skinner House Books, 2019.

Questions to Ponder

Read through the questions below and notice which one(s) resonate with you. One or more of the questions might seem particularly compelling – or some might stir resistance in you. Either of these reactions might make the question fruitful to consider. Choose just one and take time to consider it, over several days if possible. Write it down on a piece of paper you carry in your pocket. Or take a picture of it with your phone. Or record it in your journal – and spend some time, each day if you can, reflecting on it in writing or otherwise, noticing where it leads you and what you learn from it and your response to it.

1. Do you think of each day as a journey? If so, how does that carry you from morning to night? Is it connected to a longer journey?
2. Have you ever been on a physical journey that also had a spiritual component? What was that experience like? How did it change you?
3. Have you ever taken a journey (physically or otherwise) that you were scared to start but ended up being glad you took? Where (or where, metaphorically) did you go? What happened as you journeyed?
4. Think of a time you have taken a journey with others, physically or metaphorically? What was challenging about that and what was a gift? How do you experience it when you travel, move, adapt or process at a different speed than your companions?
5. What do you need to “pack” for a spiritual journey? What things or attributes or metaphors or language would you want to have with you when embarking on a spiritual journey?
6. When you have been on a spiritual journey, what has kept you connected or centered? What has guided you when the way was not clear? What has helped you when the journey became difficult?
7. Have you ever considered the work of making the world more just to be a journey? Why or why not? How does your answer shape your understanding of and engagement in working for social change in the world?
8. Think back to an important journey you have taken (physical or metaphorical). If you knew someone who was about to go on a similar journey, what advice might you offer before they began? What might you be reluctant to tell them, and why? How might you companion or support them after they set out?
9. How might you support, encourage or accompany a friend taking a journey that is not your own? What would you hope for from a friend if you were the one on the journey?
10. **What’s your question?** Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it. Or maybe the question or call you need to hear is waiting in one of the quotes listed below. Consider looking there!

Resources

Recommended Resources for Personal Exploration & Reflection

The following resources are not required reading. They will not be analyzed in our circles. Instead they are here to companion you on your journey this month, get your thinking started and open you to new ways of thinking about what it means to live faithfully on the journey.

Word Definitions & Roots

Journey

- 1) an act of traveling from one place to another.
- 2) a long and often difficult process of personal change and development.

Word Origin: Middle English: from Old French *journee* 'day, a day's travel, a day's work' (the earliest senses in English), based on Latin *diurnum* 'daily portion', from *diurnus* (see *diurnal*).

Wise Words

"Not I, nor anyone else can travel that road for you. You must travel it by yourself. It is not far. It is within reach. Perhaps you have been on it since you were born, and did not know. Perhaps it is everywhere - on water and land."
Walt Whitman, *Leaves of Grass*

"From the time I experienced myself as woman and a stranger in a strange land or in exodus toward new time and new space, I came to know home was not a place. Home is a movement, a quality of relationship, a state where people seek to be "their own" and increasingly responsible for the world."
Nellie Morton, *The Journey is Home*

"Not all those who wander are lost."
J.R.R. Tolkien, *The Fellowship of the Ring*

"It is good to have an end to journey toward; but it is the journey that matters, in the end."
Ursula K. Le Guin, *The Left Hand of Darkness*

"We travel, some of us forever, to seek other states, other lives, other souls."
— Anaïs Nin, *The Diary of Anaïs Nin, Vol. 7: 1966-1974*

"Journeys unsettle us because they demand a reordering of our lives, our patterns, our habits. They disrupt life as we know it. Consenting to be changed – it's not rocket science – leads to change. As they urge us along the curves of unknown paths, our journeys can unleash seismic shifts that knock down structures in our carefully ordered lives."
Becky Brooks and Erika Hewitt

"[Journeys] keep surfacing until we deal with them. Generally, people won't pursue [them] until the fear of doing so is finally exceeded by the pain of *not* doing so, but it's appalling how high a threshold people have for this quality of pain."
Gregg Levoy

"For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end."
Michelle Obama, *Becoming*

Poetry

A Journey by Nikki Giovanni

It's a journey . . . that I propose . . . I am not the guide . . . nor technical assistant . . . I will be your fellow passenger . . .

Though the rail has been ridden . . . winter clouds
cover . . . autumn's exuberant quilt . . . we must
provide our own guide-posts . . .

I have heard . . . from previous visitors . . . the road
washes out sometimes . . . and passengers are
compelled . . . to continue groping . . . or turn back .
. . . I am not afraid . . .

I am not afraid . . . of rough spots . . . or lonely
times . . . I don't fear . . . the success of this
endeavor . . . I am Ra . . . in a space . . . not to be
discovered . . . but invented . . .

I promise you nothing . . . I accept your promise . . .
of the same we are simply riding . . . a wave . . .
that may carry . . . or crash . . .

It's a journey . . . and I want . . . to go . . .

"A Journey" from *The Collected Poetry of Nikki
Giovanni: 1968-1998* by Nikki Giovanni, NY:
HarperCollins Publishers, 2003.

Two Set Out on Their Journey, by Galway Kinnell

We sit side by side,
brother and sister, and read
the book of what will be, while a breeze
blows the pages over—
desolate odd, cheerful even,
and otherwise. When we come
to our own story, the happy beginning,
the ending we don't know yet,
the ten thousand acts
encumbering the days between,
we will read every page of it.
If an ancestor has pressed
a love-flower for us, it will lie hidden
between pages of the slow going,
where only those who adore the story
ever read. When the time comes
to shut the book and set out,
we will take childhood's laughter
as far as we can into the days to come,
until another laughter sounds back
from the place where our next bodies
will have risen and will be telling

tales of what seemed deadly serious once,
offering to us oldening wayfarers
the light heart, now made of time
and sorrow, that we started with.

From *Collected Poems* by Galway Kinnell, NY:
Houghton Mifflin Harcourt, 2017.

"The Journey" by Mary Oliver

<http://static.oprah.com/images/201104/omag/the-journey.pdf>

"For Calling the Spirit Back from Wandering the Earth in Its Human Feet," by Joy Harjo

<https://poets.org/poem/calling-spirit-back-wandering-earth-its-human-feet>

Music

For a playlist inspired by the opening reflection on this month's theme, visit this [Spotify link](#). (Note: you may have to register for a free Spotify account to listen to more than 30 seconds of each song.)

<https://open.spotify.com/playlist/0KqwMA5FK2H3HkPRI2r6V?si=R8HZeap5Qjy-HUaOyHIR4w>

For detailed notes about these recording artists, see the end of this packet.

Videos & Podcasts

[Metta Hour Podcast, With Sharon Salzberg • Episode 125 • The Inner Work of Racial Justice w/ Rhonda V. Magee \(a 2020 rebroadcast from 2018\)](#)

An exploration of the relationship between the inner journey and the outer journey toward justice. A re-release of Sharon Salzberg's conversation with colleague Rhonda V. Magee, professor of Law at the University of San Francisco, and internationally-recognized thought and practice leader on integrating Mindfulness into Higher Education, Law and Social Justice. She is the author of the 2019 book, "The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities

Through Mindfulness.” In this conversation, Rhonda and Sharon discuss a holistic approach for compassionate and restorative justice in underserved communities and the different levels of social change that exist—and how to work in those levels for real growth. The episode closes with an eight-minute guided meditation led by Rhonda. <https://www.sharonsalzberg.com/metta-hour-podcast-episode-125-the-inner-work-of-racial-justice-w-rhonda-v-magee/>

[“Walking Toward Trouble,” 2014 Ware Lecture by Sister Simone Campbell](#)

In her Ware Lecture at the 2014 General Assembly of the UUA, Sister Simone Campbell describes the journey of faith as one that calls us into community and relationship with one another, walking toward trouble bringing justice more fully into the world. <https://www.uua.org/ga/past/2014/workshops/wa-re-campbell>

Articles and Online Sources

[The Poetic Symbology of the Heroine’s Journey](#)

5,000-year-old poems celebrating female sexuality and empowerment, reimagined in a new symbolic language at the nexus of beauty, wonder, and wisdom. <https://www.brainpickings.org/2019/07/24/nancy-castille-hieratica-inanna/>

Books

[The Unlikely Pilgrimage of Harold Fry, by Rachel Joyce](#)

A novel about Harold Fry, recently retired and living in a small English village with his wife, Maureen. Then one morning a letter arrives, addressed to Harold in a shaky scrawl, from a woman he hasn’t heard from in twenty years. Queenie Hennessy is in hospice and is writing to say goodbye. Harold decides he must deliver his reply to Queenie in person and sets off in his yachting shoes and light coat, determined to walk six hundred miles to the

hospice. He believes that as long as he walks, Queenie will live. A novel of charm, humor, and profound insight into the thoughts and feelings we all bury deep within our hearts. (from the publisher’s summary)

***Now One Foot, Now the Other*, picture book by Tomie DePaola**

The story of a young boy coping with his grandfather’s disability. Grandpa Bob teaches Bobby to walk, and Bobby then returns the favor when Bob has a stroke.

***On the Day You Were Born*, picture book by Debra Frazier**

In simple words and radiant collages, Debra Frazier celebrates the natural miracles of the earth and extends an exuberant welcome to each member of our human family. Accompanied by a detailed glossary explaining such natural phenomena as gravity, tides, and migration. “A book filled with reverence for the natural order of the world and the place of the individual in it.”-- School Library Journal

Movies and Video Games

Enlightenment Guaranteed

2000 German film directed by Doris Dörrie about two brothers, Uwe (Uwe Ochsenknecht) and Gustav (Gustav-Peter Wöhler), who travel to Japan to sort out the mess of their lives. Their plan is to visit the Sojiji Monastery in Monzen, near Tokyo. On their way there, in a rather literal Buddhist moment, they lose all of their belongings. When they at last make it to the monastery, they find that even there, enlightenment can be elusive. (Wikipedia)

Journey, video game, directed by Jenova Chen

The player controls a robed figure in a vast desert, traveling towards a mountain in the distance. Other players on the same journey can be discovered, and two players can meet and assist each other,

but they cannot communicate via speech or text and cannot see each other's names until after the game's credits. The only form of communication between the two is a musical chime, which transforms dull pieces of cloth found throughout the levels into vibrant red, affecting the game world and allowing the player to progress through the levels. The developers sought to evoke in the player a sense of smallness and wonder and to forge an emotional connection between them and the anonymous players they meet along the way. The music, composed by [Austin Wintory](#), dynamically responds to the player's actions, building a single theme to represent the game's emotional arc throughout the story. (Wikipedia) (Can be played in 2-3 hours)

NOTES ON PERFORMERS FEATURED IN THE SPOTIFY [MUSIC PLAYLIST](#)

Don't Stop Believin' -- Journey

Journey is an American rock band that formed in San Francisco in 1973, composed of former members of Santana and Frumious Bandersnatch. The band has gone through several phases; its strongest commercial success occurred between 1978 and 1987 when Steve Perry was lead vocalist. During that period, the band released a series of hit songs, including "Don't Stop Believin'" (1981), which in 2009 became the top-selling track in iTunes history among songs not released in the 21st century. Its parent studio album, *Escape*, the band's seventh and most successful, reached No. 1 on the Billboard 200 and yielded another of their most popular singles, "Open Arms".

Over the Hills and Far Away -- Led Zeppelin

Led Zeppelin were an English rock band formed in London in 1968. The group consisted of vocalist Robert Plant, guitarist Jimmy Page, bassist/keyboardist John Paul Jones, and drummer John Bonham. With their heavy, guitar-driven sound, they are regularly cited as one of the progenitors of heavy metal, although their style drew from a variety of influences, including blues and folk music.

One Day at a Time -- Merle Haggard

Merle Ronald Haggard (April 6, 1937 – April 6, 2016) was an American country singer, songwriter, guitarist, and fiddler.

Haggard was born in Oildale, California, during the Great Depression. His childhood was troubled after the death of his father, and he was incarcerated several times in his youth. After being released from San Quentin State Prison in 1960, he managed to turn his life around and launch a successful country music career. He gained popularity with his songs about the working class that occasionally contained themes contrary to the prevailing anti-Vietnam War sentiment of much popular music of the time. Between the 1960s and the 1980s, he had 38 number-one hits on the US country charts, several of which also made the Billboard all-genre singles chart. Haggard continued to release successful albums into the 2000s.

Below My Feet -- Mumford and Sons

Mumford & Sons are a British folk rock band formed in London in 2007. The band consists of Marcus Mumford (lead vocals, electric guitar, acoustic guitar, drums), Ben Lovett (vocals, keyboards, piano), Winston Marshall (vocals, electric guitar, banjo) and Ted Dwane (vocals, bass guitar, double bass).

Welcome to the Terrordome -- Public Enemy

Public Enemy Radio (formerly Public Enemy) is an American hip hop group consisting of Chuck D and DJ Lord. Formed in Long Island, New York, in 1985, they are famous for their music with a heavy political message alongside extreme criticism of the media of the United States, with many of their works also revolving around frustrations and concerns of the African American community.

Public Enemy's debut album, *Yo! Bum Rush the Show*, was released in 1987 to critical acclaim and their second album, *It Takes a Nation of Millions to Hold Us Back* (1988), was the first hip hop album to top *The Village Voice's* Pazz & Jop critics' poll. Their next three albums, *Fear of a Black Planet* (1990), *Apocalypse 91... The Enemy Strikes Black* (1991) and *Muse Sick-n-Hour Mess Age* (1994), were also well-received by music critics. Public Enemy has gone through lineup changes over the years, with Chuck D being the only constant member of the group. Professor Griff left in 1989 but rejoined in 1998, though he parted ways with the group again some years later. DJ Lord also joined Public Enemy in 1998 as the replacement of the group's original DJ Terminator X. Flavor Flav, one of the co-founders of

Public Enemy, was a member of the group for three-and-a-half decades, until he was fired in 2020.

Heroes Symphony -- Phillip Glass

Philip Glass (born January 31, 1937) is an American composer and pianist. He is widely regarded as one of the most influential composers of the late 20th century. Glass's work has been described as minimal music, having similar qualities to other "minimalist" composers such as La Monte Young, Steve Reich, and Terry Riley. Glass describes himself as a composer of "music with repetitive structures", which he has helped evolve stylistically.

Can I Go On -- Sleater-Kinney

Sleater-Kinney (/ˌsleɪtərˈkɪniː/ SLAY-tər-KIN-ee) is an American rock band that formed in Olympia, Washington, in 1994. The band's current lineup features Corin Tucker (vocals and guitar) and Carrie Brownstein (guitar and vocals), following the departure of longtime member Janet Weiss (vocals, drums, and harmonica) in 2019. Sleater-Kinney originated as part of the riot grrrl movement and has become a key part of the American indie rock scene. The band is also known for its feminist and left-leaning politics.

No One Is Alone -- Into the Woods

Into the Woods is a musical with music and lyrics by Stephen Sondheim and book by James Lapine. The musical intertwines the plots of several Brothers Grimm and Charles Perrault fairy tales, exploring the consequences of the characters' wishes and quests. The main characters are taken from "Little Red Riding Hood", "Jack and the Beanstalk", "Rapunzel", and "Cinderella", as well as several others. The musical is tied together by a story involving a childless baker and his wife and their quest to begin a family (the original beginning of The Grimm Brothers' "Rapunzel"), their interaction with a witch who has placed a curse on them, and their interaction with other storybook characters during their journey.

Dancing Together -- Sharon Jones

Sharon Lafaye Jones (May 4, 1956 – November 18, 2016) was an American soul and funk singer. She was

the lead singer of Sharon Jones & The Dap-Kings, a soul and funk band based in Brooklyn, New York. Jones experienced breakthrough success relatively late in life, releasing her first record when she was 40 years old. In 2014, Jones was nominated for her first Grammy, in the category Best R&B Album, for Give the People What They Want.

Someday We'll All Be Free -- Donny Hathaway

Donny Edward Hathaway (October 1, 1945 – January 13, 1979) was an American soul singer, keyboardist, songwriter, and arranger. Hathaway has been described as a "soul legend" by Rolling Stone. His enduring songs include "The Ghetto", "This Christmas", "Someday We'll All Be Free", and "Little Ghetto Boy." Hathaway is also renowned for his signature versions of "A Song for You", "For All We Know", and "I Love You More Than You'll Ever Know," along with "Where Is the Love" and "The Closer I Get to You", two of many collaborations with Roberta Flack. He's been inducted into the St. Louis Walk of Fame and won one Grammy from four nominations. Hathaway was also posthumously bestowed with a Grammy Lifetime Achievement Award. Dutch director David Kleijwegt made a documentary: Mister Soul - A story about Donny Hathaway which was premiered at the International Film Festival Rotterdam on January 28th, 2020.

Hear My Call -- Jill Scott

Jill Scott (born April 4, 1972) is an American singer-songwriter, model, poet and actress. Her 2000 debut, Who Is Jill Scott? Words and Sounds Vol. 1, went platinum, and the follow-ups Beautifully Human: Words and Sounds Vol. 2 (2004) and The Real Thing: Words and Sounds Vol. 3 (2007) both achieved gold status. She made her cinematic debut in the films Hounddog and Tyler Perry's Why Did I Get Married? in 2007.

Dead to the World --- Patti Smith

Patricia Lee Smith (born December 30, 1946) is an American singer-songwriter, musician, author, and poet who became an influential component of the New York City punk rock movement with her 1975 debut album Horses.

This packet was created for use at Unity Church-Unitarian, St. Paul, Minnesota, unitychurchunitarian.org