**What Does It Mean to be a People of Play?**

**June 2021 Soul Matters Theme for CC/CG Sessions**

**Opening Words & Chalice Lighting**

Let us arrive as children to this huge playground – the universe. Roger Bourland

**Moment of Silence**

**Check-In**

**Topic – Readings**

We all are playing.

Playing it up, playing it down, trying to play fair.

Playing for keeps, playing favorites, playing it safe,

sometimes too safe.

He plays hardball; They’re playing house; I’m playing it by ear,

or at least learning to play it by ear.

She’s tired of playing second fiddle; He’s playing right into their hands.

Please God, can’t we all just throw out the playbook and start again?

Sometimes we’re just played out; it’s not always bad to play possum.

And what about playing with fire?

Let’s hope so friends.

Don’t you want to feel again that burning within,

and let it loose?

In rare moments of deep play, we can lay aside our sense of self, shed time’s continuum, ignore pain, and sit quietly in the absolute present, watching the world’s ordinary miracles. No mind or heart hobbles. No analyzing or explaining. No questing for logic. No promises. No goals. No relationships. No worry. One is completely open to whatever drama may unfold.

Diane Ackerman

To play is to listen to the imperative inner force that wants to take form and be acted out without reason. It is the joyful, spontaneous expression of oneself.

Michelle Cassou and Stewart Cubley

We don’t stop playing because we grow old, but rather we grow old because we stop playing. Karl Groos

**Questions for Reflection**

1. What makes something play for you? When you feel free from the burden of producing an outcome? When creativity is involved? When you lose time? When you can just be yourself? All of the above? Something else?
2. What forms of childhood play have lasted into your adulthood? What has enabled that? What makes you especially grateful for it?
3. What would it look like to sneak a bit of playfulness into your daily chores? Your dinner prep? Morning commute? Exercise routine? Workday? Your relationship?
4. Do you remember “a perfect day of play”

**Deep Sharing / Deep Listening**

**Connections & Responses**

**Housekeeping**

**Likes & Wishes**

**Closing Words & Extinguishing the Chalice**

Life is for sure the greatest game that you’ll ever play*.* *Steven Redhead*

## Spiritual Exercises

## Do It, Don’t Just Talk About It!

Why talk about play when we can do it?! That’s right, this exercise invites your group to carve out some time to play together. Sometimes we get so lost in thinking about the benefits of play *for individuals* that we lose sight of play’s core gift: it connects us! It’s an entirely different way of being together, one that helps us deepen relationships and understand each other in a way that few other things can.

So, is your group willing to give it a try? Just set aside the first hour of your meeting and play a game. And to make it easier, we’ve pulled together a bunch of simple and fun games for you to choose from. Check them out at https://docs.google.com/document/d/1MhV8dVJpxyrHsHbFmifLlQYwdDhuCnl4or3fusOE3J8/edit?usp=sharing

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