**Renewing our Faith: March 2022**

**Soul Matter Covenant Group and Chalice Circle Session Guide**

**Group Business:**

**Opening Words and Chalice Lighting:**

**Introduction:** Maybe faith is more remembering our longing for what we love and who we want to be, more than it is an act of restoring our trust that everything will work out well. All of us know what it's like to lose our faith. We've been betrayed by a relationship, let down by our church community, or convinced that life just won't get better. Our greatest difficulty can be the belief that life and others *don’t* deserve our faith in them. But sometimes our doubts need to be doubted. Sometimes life and the people around us need to be given a second chance.

**Check In:** Since our last meeting what has been meaningful to you that you would like to share

**Introduction to the topic: Wise words**

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.  Viktor E. Frankl

In any given moment we have two options, to step forward in growth or to step back into safety.

Abraham Maslow

Once a reporter asked A.J. Muste, "Do you really think you are going to change the policies of this country by standing out here alone at night in front of the White House with a candle?" Muste replied softly: "Oh I don't do this to change the country. I do this so the country won't change me.” Apparently Muste was running on the faith that she could make a difference, even if only for herself.

Any dead fish can go with the flow — you have to be intentionally alive to swim against the current.

Ann Voskamp

**Questions for Individual Reflection:**

1. How do you distinguish faith from hope?
2. Has faith been important in your life? How so?
3. In what way has your faith in humanity increased or decreased as you’ve grown older?
4. Do you regret the time you were too scared to take that leap of faith?
5. Have you ever been made trustworthy by someone who risked putting their trust in you?
6. Is it time to take that leap of faith?

**Response to others and discussion**

**Likes and Wishes:**

**Closing Words and Extinguish Chalice:**

Everything worth doing in the world is a desperate gamble, a game of chance, where nothing is certain. What is love? Is it not a wild and sublime speculation that can end in ecstasy or despair?

What is courage? Is it not a hazardous risk of fortune that can end in victory or defeat?

What is adventure? Is it not a blind leap in the dark that can end in joy or disaster? Rev. David O Rankin

**Additional Resources:**

The Low Road, Marge Piercy

[https://www.youtube.com/watch?v=zveWE6I3M2g](about:blank)

On renewing faith in the work of joining forces for the common good.

The Meaning of Faith, On Being

[https://onbeing.org/programs/sharon-salzberg-lawrence-kushner-anne-lamott-and-omid-safi-the-meaning-of-faith/](about:blank)

“In this show, we’ll explore the connotations of the word “faith” in four traditions and lives: Buddhism, Judaism, Christianity, and Islam. We’ll speak with Sharon Salzberg, Rabbi Lawrence Kushner, Anne Lamott, and Omid Safi…”

The Anatomy of Trust

Brené Brown

[https://brenebrown.com/videos/anatomy-trust-video/](about:blank)

Trust is built in the small moments not the grand gestures!