

Small Group Ministry Session Thirty-Nine: Shadow

OPENING WORDS

“Spirit of life and love, that lives in us and in all people, be present with us this day. Help us to be grateful for all that we have, grateful for this time of connection, grateful for these friends, and for all who enrich our lives. Spirit of life, be present with us as compassion, that we may open our hearts, listen with care, and be truly present with one another. Spirit of life, be present with us as a generosity of spirit, that we may meet the world with good will. Be present with us as vision, so that we may see beyond this moment and beyond the limits of our own day to day concerns, and remember, once again, that we are a part of a larger world, and all that lives therein.” --Calvin Dame

CHECK IN

Current state of physical or spiritual health

Joys or concerns about loved ones

Concerns/excitement about what is happening in our lives

REVIEW COVENANT

REVIEW PROGRESS OF THE CIRCLE

DISCUSSION

Jungian psychology suggests that we all learn to relegate parts of ourselves into our “shadows”, that is, psychologically out of sight and mind. This may include anything we learned growing up that was not acceptable: sexuality, aggression, fear, kindness, ambition, artistic ability, exuberance. Jung felt there was great power in the shadow, unacknowledged needs can skew our behavior, repressing healthy aspects of our personalities and diminishing the scope of our lives and our capacity to live joyfully. This explanation is oversimplified, of course, but here are some shadow questions:

1. What would be the most upsetting to hear if it were being said about you?
2. What do you think you carry in your shadow?
3. What influences helped to shape your shadow?
4. What lessons from the shadow have you learned about yourself over the years?

CHECK OUT

What did you like about this meeting? What do you wish had been different?

CLOSING WORDS

“As we leave this place and this company, may the fellowship of this circle carry us forward, remind us of that which we hold to be most sacred and encourage us in every hour, until such time as we meet again.” -- Calvin Dame