

How we are named

Adapted from Rev. Jan Carlsson-Bull for Circle Ministry at First Parish UU Cohasset, MA

Chalice lighting & Opening words:

“I’m not my name. My name is something I wear like a shirt. It gets worn. I outgrow it. I change it.” Jerry Spinelli, Stargirl

“Names are a way to keep people in your mind” Maggie Stiefvater, Lament: The Faerie Queen’s Deception

Purpose: We come together to build connections and to talk about what deeply matters.

Check-in: What you share here today may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing. What are you leaving behind to be here today.

Reading of Group Covenant

Topic: How are we called—by name?

There is a biblical notion that our name holds our essence. For those of us who have known more than one name, we learn a form of identity resilience. Our names are both personal and public. They hold memory; they hold possibility. Sometimes they are of our own choosing. Most often, they have been chosen by someone else, our parents, or added on through marriage, or, even edited or changed altogether by us.

Take a moment of silence and consider these questions.

Who are you?

What story does your name hold?

How do you feel about your name?

How do you like to be called?

What does it mean for you to say: “I am.....?”

Confidentiality Check: Is there anything you share here today that you would like held confidential? Otherwise, this is a reminder that we treat each other’s sharing with kindness and respect.

Closing

“I believe we can change the world if we start listening to one another again. Simple, honest, human conversation. Not mediation, negotiation, problem-solving, debate, or public meetings. Simple, truthful conversation where we each have a chance to speak, we each feel heard, and we each listen well. Margaret Wheatley

“Live so that you beautify your name, even if it wasn’t beautiful to begin with...make it stand in people’s thoughts for something so lovely and pleasant that they never think of it by itself” adapted from Anne of Avonlea by L.M. Montgomery