

The Beauty of Needs
by Sam Trumbore 9/29/2009

Opening Reading

The Invitation by Oriah Mountain Dreamer (From Dreams of Desire (1995))

It doesn't interest me what you do for a living
I want to know what you ache for
and if you dare to dream of meeting your heart's longing.
It doesn't interest me how old you are
I want to know if you will risk looking like a fool
for love / for your dream / for the adventure of being alive.

It doesn't interest me what planets are squaring your moon...
I want to know if you have touched the centre of your own sorrow
if you have been opened by life's betrayals
or have become shriveled and closed
from fear of further pain.
I want to know if you can sit with pain
mine or your own
without moving to hide it / or fade it / or fix it.
I want to know if you can be with joy
mine or your own
if you can dance with wildness
and let the ecstasy fill you to the tips of your
fingers and toes
without cautioning us to
be careful / be realistic
to remember the limitations of being human.

It doesn't interest me if the story you are telling me
is true.
I want to know if you can
disappoint another
to be true to yourself.
If you can bear the accusation of betrayal
and not betray your own soul.
If you can be faithless
and therefore trustworthy.
I want to know if you can see Beauty
even when it is not pretty
every day.
And if you can source your own life
from its presence.
I want to know if you can live with failure
yours and mine
and still stand on the edge of the lake
and shout to the silver of the full moon,
"Yes."

It doesn't interest me
to know where you live or how much money you have.
I want to know if you can get up

after a night of grief and despair
weary and bruised to the bone
and do what needs to be done
to feed the children.

It doesn't interest me who you know
or how you came to be here.
I want to know if you will stand
in the center of the fire
with me
and not shrink back.

It doesn't interest me where or what or with whom
you have studied.
I want to know what sustains you
from the inside
when all else falls away.
I want to know if you can be alone
with yourself
and if you truly like the company you keep
in the empty moments.

Orientation & Ground Rules for Soul Matters / Small Group Ministry

Check-In

Discussion of Exercise

Have participants report on the exercise and share one situation they noted that taught them something about themselves and/or helped them discover a new connection between their feelings and needs.

Discussion of Readings / Sermon Questions

1. What is your relationship to your needs? How aware are you of them?
2. Which needs are easy to accept? Which needs are hard to accept?
3. How did your parents deal with your needs? Did they affirm them? Respect them? Deny them?
4. Describe a memorable time when your feelings helped you learn about your needs and helped you get those needs met through making requests rather than making demands.
5. Describe a memorable time when you became aware of another's needs AND your own needs and were able to find a way to get both of your needs met.
6. What gets in the way of honoring your own needs and/or honoring the needs of others?
7. How do your needs relate to what you believe and what you value?
8. What is your "growing edge" in relationship to your needs and the needs of others?

Check-Out

Closing Reading

Ruth Bebermayer's writes:

Words are windows or they're walls
they sentence us or set us free,
when I speak or when I hear
let the love light shine through me.