

Soul and Role

(5-4-10)

Introductions:

- Name, role, and favorite seasonal memory

Touchstones:

- Reminder of our norms

Today's Theme:

- Current condition of your work world; soul and role
- Poetry as the truth told at a slant, storytelling of one's selfhood
- “Angels and Furies”; Harnessing the energy of spring, recognizing the seasonal shifts in prof life

Reflective Dialogue:

- What word image or phrase captured your attention around the theme of soul and role in your work world?
- Journal prompts that grabbed the attention of your heart?
- Other noticings

General offerings for the group:

Closing:

- What would you like to carry from this gathering back to your work world at DU?

*Soul and Role Touchstones

- Bring 100% of self
- There is always invitation, always opportunity; never invasion
- No fixing, no saving, and no advising
- Openness to learning from others
- Speak for yourself; tell your story
- Listen to the silence
- Confidentiality

The Angels and the Furies

May Sarton

1

Have you not wounded yourself
And battered those you love
By sudden motions of evil,
Black rage in the blood
When the soul, premier danseur,
Springs toward a murderous fall?
The furies possess you.

2

Have you not surprised yourself
Sometimes by sudden motions
Or intimations of goodness,
When the soul, premier danseur,
Perfectly poised,
Could shower blessings
With a graceful turn on the head?
The angels are there.

3

The angels, the furies
Are never far away.
While we dance, we dance,
Trying to keep a balance,
To be perfectly human
(not perfect, never perfect,
never an end to growth and peril),
able to bless and forgive
Ourselves.
This is what is asked of us.

4

It is this light that matters.
The light of understanding.
Who has ever reached it?
Who has not met the furies again and again?
Who has reached it without
These sudden acts of grace?

The Angels and the Furies:
The possibilities of paradox

1. Have you ever experienced a sudden return of winter in the midst of your personal/professional spring? When? Did you discover anything about your inner-self that you had not known before?
2. If you could “shower blessings” on the world, what would pour forth from the “graceful turn of (your) head?” What gifts or understandings would you share with a thirsty professional/personal world?
3. If given the chance, where or how would you find the place to dance the dance of personal blessing and forgiveness? Do you prefer to dance alone or with a partner(s)? What kind of dance do you prefer? Modern? Country? Waltz? Tango? Line?
4. How can you harness the creative energy of the furies and the angels to achieve you personal/professional goals? Are the furies and angels of equal value to you?