



## Soul Space ..... a time for shared reflection

**By Lois Cameron**

In October 2012, four people decided to set up a group where people could come together and create a spiritual space. We called it Soul Space. The idea was simple we would meet to share a simple meal and then have a time where we would share things that have inspired us around a particular theme. The invite went out that people were welcome from any faith background or from no faith, all would be welcome. The initial invite was through personal invitation and through the Forth Valley interfaith network. Since then it has been largely word of mouth and occasional mentions in the local paper. Over the seven years numbers have been pretty static averaging around 15 an evening though it been as low as 8 and soared on one occasion to 24.

The people who gather regularly include people from various Christian denominations, people of no professed faith, Baha'is, Buddhist, Unification Church, and occasionally we have had Muslims and Jews. Some people are frequent attenders and some come intermittently. The age range is from 17 to pretty old! We meet in the Methodist Church mainly because the four originators attend this church and the congregation has always supported the initiative. The meetings are held on a Sunday evening normally every 6 weeks.

*One of our regular attenders has said 'Since first attending Soul Space meetings several years ago they have become a vital element in my spiritual calendar as a Bahá'í, offering a space in which people from a variety of religious persuasions can share both physical and spiritual food in an atmosphere where everyone feels welcome and meaningful friendships are formed.'*

First of all we eat a 'bring and share' vegetarian meal. This is a time for social chat, to become acquainted with new people and catch up with old. We then move to a small room where we sit in a circle and one person acts as a facilitator. The theme for the week is always chosen at the end of the previous meeting. It is usually a word and people are asked to bring pieces of writing, poetry or music that are inspired by that theme. The themes can be generated from a single word, some examples include roots, coincidences, suffering,

grace, spring or by a phrase - examples include 'don't stand by' and the very Scottish theme of 'we're all Jock Tamson's Bairns'.

At the start of the meeting the facilitator is responsible for introductions and setting the scene and people indicate if they have brought something to share. Those who just want to listen are very welcome. The group agrees a start and end point and, one by one, people start sharing what they have brought. Soul Space is a sharing space not a debating space. Whilst comments are sometimes made, the tone is one of listening and receiving. It is amazing how often it looks like the evenings have been coordinated as ideas are extended or developed or explored from different perspectives. At the end of the sharing, a candle is lit and there is 5 minutes silence. Before we go we plan the next times theme and then go to tidy and wash up! In a time when the world is full of division, Soul Space for me is a very special place where I know and feel that there is much more that unites us than divides us.

If you would like to know about the meetings then please email [lois@cameroncape.net](mailto:lois@cameroncape.net)

## **Soul Space .... A time for shared reflection**

**Sunday 20th January 2019 at 6.30**

A Sharing time—everyone welcome of all faiths or none to share something that you have found stimulating on a theme.

This months theme is

### **New**

bring the music, poetry, short prose, art, short videos that have inspired you. If you need multi media email [jon@cameroncape.net](mailto:jon@cameroncape.net) beforehand.

Format

**6.30 Supper**—bring something to share preferably

vegetarian!

**7.15 Soul space** begins—a quiet meditative space for us to share, listen and respond

**8.15 approximately soul space ends** and discussion about future themes

**Held at Queen Street Methodist Church Stirling  
FK8 1HL**