

## **2. Introductions - What's In a Name? (Experiential activity)**

[Facilitator invites each member to share their full name, the cultural origins or literal meaning of each part of their name and/or how their name is personally meaningful to them. Facilitator may wish to offer a model to initiate the sharing process and then invite others to share. The purpose of this activity is to offer a simple way to introduce oneself and inspire introspection about the cultural values reflected in one's name.]

Model: My full name is Christa Lee Olson

The last name, Olson, is my name of origin passed on by my father's family and is Norwegian in origin. My great grandfather immigrated from Norway and his son Elvin found his way to the Dakota's where he met my grandmother whose family was British. They moved west to Washington state. My last name signals the strong influence of Northern European cultural traditions upon our family. My given name, Christa, was a name my father liked. It has "Christ" as it's root and reminds me of the powerful message of loving one's neighbor, a message important in the Christian faith, but also in many of the other faith traditions drawn upon by Unitarian Universalists. My other given name "Lee" comes from my mother's side of the family and aligns me firmly with a strong line of women.

[As a segue to the next section of the session, the facilitator may want to highlight the diversity of experiences and values reflected through the names of those present in the circle and then invite the meal host to share.]