



BOOK CLUB GUIDE

A SON'S
RECKONING

DR. CARL L.
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*A memoir of family, identity,
and the search for truth.*

A Son's Reckoning – Book Club Guide

Opening Ritual

Begin with a moment of silence, candle lighting, or reading a quote from the memoir. Invite participants to share one word that reflects their emotional state or intention for the gathering.

Core Discussion Prompts

- What chapter or moment resonated most deeply with you, and why?
 - What does reckoning mean to you in family, identity, or healing?
 - How does Carl's story mirror, challenge, or expand your own understanding of family, identity, or healing?
 - What does “reckoning” mean to you in your life right now?
 - Where do you see cycles repeating and where do you feel called to interrupt them?
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Symbolic Exploration

- **Lineage Tree:** Reflect on inherited patterns, both spoken and unspoken.
 - **Silence as a Character:** Discuss how silence operates in the memoir and in your own relationships.
 - **Letters to Younger Selves:** Invite participants to write and share a letter to their younger self.
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Facilitator Tips

- Hold space for emotional truth without rushing to resolution.
 - Normalize discomfort and complexity this is a space for reckoning, not perfection.
 - Use affirming language and invite pauses for reflection.
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Reader's Covenant

A shared agreement for engaging with the memoir:

- We honor each other's stories.

- We speak from lived experience.
 - We listen with curiosity, not judgment.
 - We allow silence to speak.
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Group Activities

- **Altar Creation:** Build a symbolic altar with objects that represent healing, lineage, or truth.
- **Affirmation Circle:** Share affirmations aloud, one by one, to close the session. End with a group affirmation or intention: “We carry this story forward with care.”
- **Collective Reflection:** Use printable cards with quotes and prompts for journaling or sharing.
- Invite participants to write a letter to their younger self or to someone they wish had understood them.