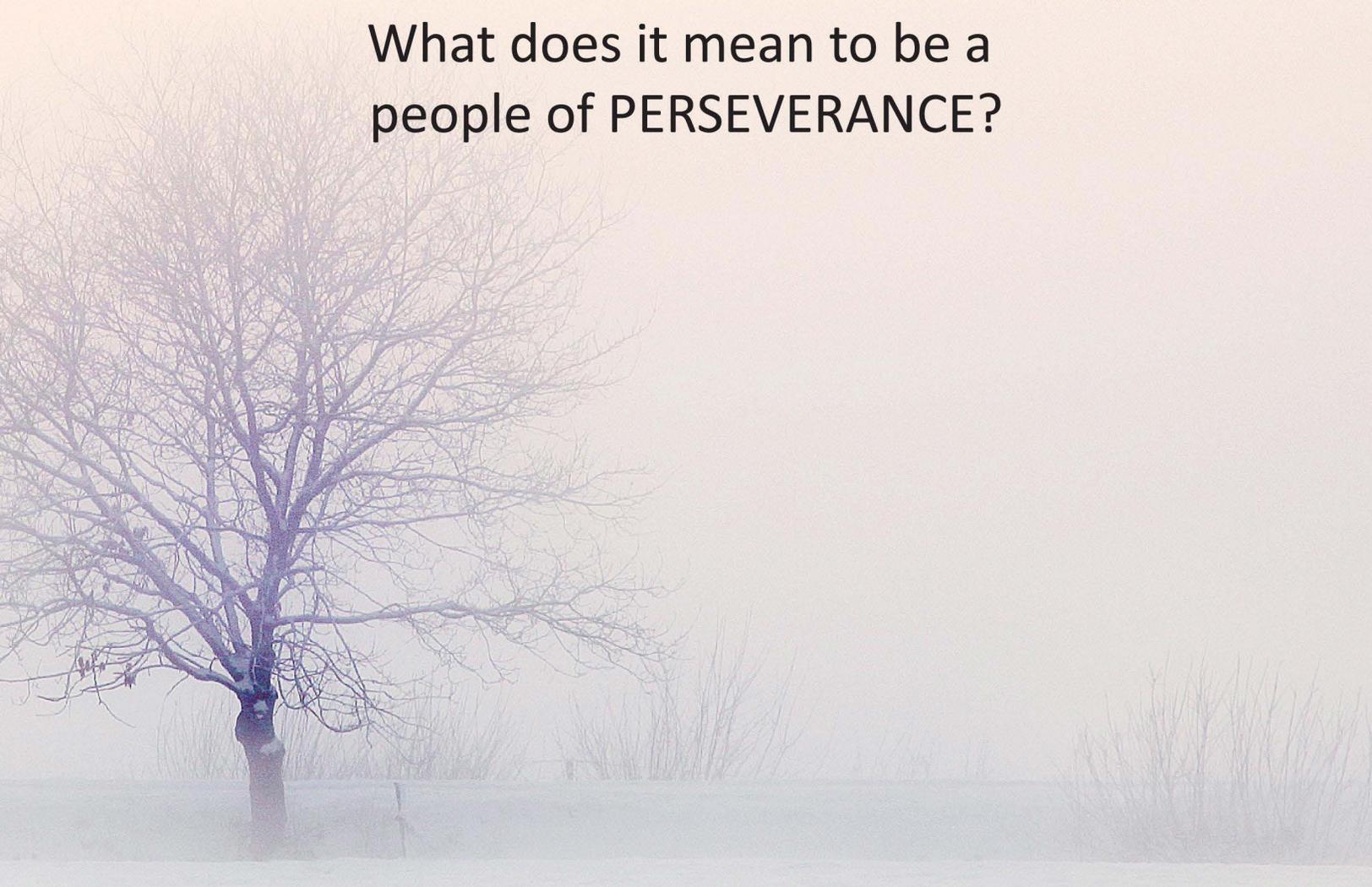




# *Soul Matters*

---

What does it mean to be a  
people of PERSEVERANCE?



# Contents

<a href="#"><u>Calendar Connections</u></a>	p. 2
<a href="#"><u>Chalice Lightings &amp; Opening Words</u></a>	p. 3
<a href="#"><u>Meditations &amp; Prayers</u></a>	p. 5
<a href="#"><u>Readings</u></a>	p. 8
<a href="#"><u>Music</u></a>	p. 14
<a href="#"><u>Sermon Seeds</u></a>	p. 15
<a href="#"><u>Recommended Sermons</u></a>	p. 19
<a href="#"><u>Closing Words</u></a>	p. 20
<a href="#"><u>Support &amp; Connection</u></a>	p. 21

# Calendar Connections

*Click on the name on each event for more information or inspiration.*

## Interfaith:

- [Ash Wednesday](#) (Christian) - Feb. 14 (more [here](#))
- [Lent](#) (Christian) - Feb.14 - March 29 (A [humorous take](#))
- [Nirvana Day](#)/Parinirvana Day (Buddhist) - Feb. 15 (more [here](#))
- [Chinese New Year](#) (Confucian, Daoist, Buddhist) - Feb. 16 -- year of the [earth dog](#) (more [here](#))
- [Purim](#) begins (Jewish) - Feb. 28 - March 1 (more [here](#) and [here](#))

## Unitarian Universalist:

- Susan B. Anthony's [Birthday](#) - Feb. 15 (more [here](#))
- Standing on the Side of Love Campaign / [30 Days of Love](#) - Jan. 16 - Feb.14

## National & Cultural:

- [African American History](#) Month (more [here](#))
- Season for [Nonviolence](#) - Jan. 30 - April 4 (more [here](#))
- [Groundhog Day](#) - Feb. 2
- [Freedom to Marry](#) Day - Feb. 12
- Mardi Gras - Feb. 13
- [St. Valentine's Day](#) - Feb. 14
- [President's Day](#) - Feb. 19
- National Association for the Advancement of Colored People ([NAACP is founded](#)) - Feb. 12 (1909)
- Malcolm X shot - Feb 21 (1965)
- [Trayvon Martin](#) is shot by George Zimmerman - Feb. 26 (2012)

## For Fun and On the Fringe:

- [Superbowl](#) Sunday - Feb. 4 (commercials [here](#))
- [Don't Cry Over Spilled Milk](#) Day - Feb. 11
- International [Darwin Day](#) (Darwin's Birthday) - Feb 12
- Random Acts of [Kindness Day](#) - Feb. 17 (more [here](#))

# Chalice Lightings & Opening Words

## The Struggle For Freedom

*Paul Sprecher*

<https://www.uua.org/worship/words/chalice-lighting/struggle-freedom>

We light this chalice in memory of the courage of those who have struggled for freedom  
The persistence of those who've struggled for justice,  
And the love of those who've built beloved communities to carry on the light of hope.

## To Carry Us Through Our Week

*Marta I. Valentin*

We pause this morning  
from the chaos of the world  
to reclaim the beauty within these walls  
that carry us through our week.

## Connection and Commitment

*Cynthia Landrum*

<https://www.uua.org/worship/words/chalice-lighting/connection-and-commitment>

As we kindle this flame,  
May it spark in each of us  
Connection and **commitment**  
To this living tradition  
And to each other.

## That which abides

*Martha Kirby Capo*

<https://www.uua.org/worship/words/chalice-lighting/which-abides>

Through the week this chalice has abided, cupped and silent,  
Softly gleaming in a dimly lit room, complete unto itself.  
Today, we come together as a community of faith, joyful and free,  
Our individual energies combine to spark the flame of Truth.  
May we each draw strength for the other, and, like the chalice,  
May we be bathed in the fire of commitment  
To social justice, equity, and peace.

## **And Yet You Persist**

*Rev Gretchen Haley (For Elizabeth Warren)*

Though you have been warned  
And given plenty of explanations  
Reasons to do otherwise  
You have persisted  
To claim a life of joy, and justice  
To carve out this time  
This space for the renewal  
Of your own heart  
Despite all the reasons, the resistance  
Fighting for your attention, luring you towards fear  
You persist  
To practice gratitude  
For this day, this life  
That has been given  
This chance to begin again  
And so let us gather  
That we might  
Offer one another courage, strength  
Healing, hope  
And this promise to  
Persist in kindness,  
Persevere in compassion  
And  
Prevail in a life that is for more than ourselves  
Come, let us worship together

# Meditations & Prayers

## **To Wake, To Rise: Meditations on Justice and Resilience** (*Book with meditations*)

*William G. Sinkford*

<http://www.uuabookstore.org/To-Wake-To-Rise-P18187.aspx>

An anthology of 29 poems, prayers, and reflections about resisting oppression and keeping the faith in social action work.

## **The Courage to Continue on the Journey**

*Lyn Cox*

Full piece found at <http://www.uua.org/worship/words/prayer/courage-continue-journey>

We give thanks for the ability to begin again: after the disaster, after the tragedy, after the loss, after meeting the challenge set before us. Grant us the courage to continue on the journey...

Let us cultivate together the strength to welcome every kind of gift and all manner of ways to be on the journey together. To this we add the silent prayers of our hearts.

Blessed be.

## **The Promise and the Practice:**

*Connie Simon*

Full piece found at <https://www.uua.org/worship/words/prayer/promise-and-practice-pastoral-prayer-1>

Spirit of Life and Love, God of Many Names,

we gather in awareness of the opportunity before us as Unitarian Universalists.

We have been given many chances before today to heal the wounds of the racism and oppression that have beset our denomination for many years,

and held us back from realizing the inherent worth and dignity of all Unitarian Universalists...

## **A Prayer for Courage (Courageous Perseverance!)**

*Jo Carr and Imogene Sorley*

Full piece found at <http://covnetpres.org/2015/03/a-prayer-for-courage/>

It takes courage  
to be crocus-minded.

Lord, I'd rather wait until June,  
likewise roses,  
when the hazards of winter are safely behind,  
and I'm expected,  
and everything's ready for roses.

But crocuses?  
Highly irregular,  
Knifing up through hard-frozen ground and snow,  
sticking their necks out,  
because they believe in spring...

# Readings

## Isaiah 54:10 (NRSV)

For the mountains may depart  
and the hills be removed,  
but my steadfast love shall not depart from you,  
and my covenant of peace shall not be removed

## Together, we can sustain a very long, beautiful song

*Michael Moore*

<http://cortarts.com/cspa-blog/2017/2/13/quote-from-michael-moore>

"This morning I have been pondering a nearly forgotten lesson I learned in high school music. Sometimes in band or choir, music requires players or singers to hold a note longer than they actually can hold a note. In those cases, we were taught to mindfully stagger when we took a breath so the sound appeared uninterrupted. Everyone got to breathe, and the music stayed strong and vibrant...Let's remember MUSIC. Take a breath. The rest of the chorus will sing. The rest of the band will play. Rejoin so others can breathe. Together, we can sustain a very long, beautiful song for a very, very long time. You don't have to do it all, but you must add your voice to the song."

## Heartbreak

*David Whyte, from Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words.*

"Heartbreak is how we mature; yet we use the word heartbreak as if it only occurs when things have gone wrong: an unrequited love, a shattered dream, a child lost before their time. Heartbreak, we hope, is something we hope we can avoid; something to guard against, a chasm to be carefully looked for and then walked around; the hope is to find a way to place our feet where the elemental forces of life will keep us in the manner to which we want to be accustomed and which will keep us from the losses that all other human beings have experienced without exception since the beginning of conscious time. But heartbreak may be the very essence of being human, of being on the journey from here to there, and of coming to care deeply for what we find along the way....If heartbreak is inevitable and inescapable, it might be asking us to look for it and make friends with it, to see it as our constant and instructive companion, and even perhaps, in the depth of its impact as well as in its hindsight, to see it as its own reward. Heartbreak asks us not to look for an alternative path, because there is no alternative path. It is a deeper introduction to what we love and have loved, an inescapable and often beautiful question, something or someone who has been with us all along, asking us to be ready for the last letting go."

## Try to Praise the Mutilated World

Adam Zagajewski

Full poem found at <https://www.poetryfoundation.org/poems/57095/try-to-praise-the-mutilated-world-56d23a3f28187>

Try to praise the mutilated world.  
Remember June's long days,  
and wild strawberries, drops of rosé wine...  
Praise the mutilated world  
and the gray feather a thrush lost,  
and the gentle light that strays and vanishes  
and returns.

*(Ellen Bass joins Paul Muldoon to read and discuss Adam Zagajewski's "Try to Praise the Mutilated World,"* <http://www.wnyc.org/story/ellen-bass-reads-adam-zagajewski/>)

## You know how we survived?

Kenny Wiley, from [Nights Can Be Tough](#)

"Maya Angelou turned forty on April 4, 1968. She had planned a big party in Harlem, with many of the day's black intellectual elite among the guests. History had other ideas; Dr. King's assassination sent Angelou into a weeks-long depression. It was fellow writer James Baldwin who helped her dig out of it. Angelou recalls Baldwin's assistance in her book *A Song Flung Up to Heaven*, where she writes that laughter and ancestral guidance got her through:

There was very little serious conversation. The times were so solemn and the daily news so somber that we snatched mirth from unlikely places and gave servings of it to one another with both hands...

I told Jimmy I was so glad to laugh.

Jimmy said, "We survived slavery. . . . You know how we survived? We put surviving into our poems and into our songs. We put it into our folk tales. We danced surviving in Congo Square in New Orleans and put it in our pots when we cooked pinto beans. . . . [W]e knew, if we wanted to survive, we had better lift our own spirits. So we laughed whenever we got the chance."

## Optimism

Jane Hirshfield

"More and more I have come to admire resilience.  
Not the simple resistance of a pillow, whose foam  
returns over and over to the same shape, but the sinuous  
tenacity of a tree: finding the light newly blocked on one side,  
it turns in another. A blind intelligence, true.  
But out of such persistence arose turtles, rivers,  
mitochondria, figs—all this resinous, unretractable earth."

### **Still I Rise**

*Maya Angelou*

Full poem found here: <https://www.poetryfoundation.org/poems/46446/still-i-rise>

“You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise...”

Read by Maya Angelou: <https://www.youtube.com/watch?v=MAYm1uJeSxQ>

### **On Quitting**

*Edgar Albert Guest*

Full Poem found at <https://www.poetryfoundation.org/poems/44316/on-quitting>

If you want to know if you have grit,  
Just pick out a joy that you like, and quit.

It's bully sport and it's open fight;  
It will keep you busy both day and night;  
For the toughest kind of a game you'll find  
Is to make your body obey your mind.  
And you never will know what is meant by grit  
Unless there's something you've tried to quit....

### **Go all the way**

*Charles Bukowski*

Full poem found here: <http://natalia-bojanic.squarespace.com/new-blog/2016/2/29/go-all-the-way-charles-bukowski-poem>

Inspirational video reading: [https://www.youtube.com/watch?v=k6\\_QUhUPrF4](https://www.youtube.com/watch?v=k6_QUhUPrF4)

If you're going to try, go all the way.  
There is no other feeling like that.  
You will be alone with the gods, and the nights will flame with fire.  
You will ride life straight to perfect laughter.  
It's the only good fight there is...

### **Defeat**

*Kahlil Gibran*

Full poem found here: <https://wordsfortheyear.com/2014/11/01/defeat-by-kahlil-gibran/>

Defeat, my Defeat, my deathless courage,  
You and I shall laugh together with the storm,  
And together we shall dig graves for all that die in us,  
And we shall stand in the sun with a will,  
And we shall be dangerous.

## **Despair**

*Sri Chinmoy*

Full poem: <https://www.poetseers.org/poem-of-the-day-archive/poems-about-despair/index.html>

Despair is not weak;  
It is strong.  
It fights against our hope.  
It fights against our determination.  
It fights even against our heart's conviction-light.

## **Praise (after the earthquake in Haiti)**

*Alison Luterman*

The thin sound of singing floated up from under the building,  
which was pancaked on its cheap foundation.

Port-au-Prince. Hell's aftermath.  
Bodies laid out in rows, covered with white cloth,  
loaves of death-bread for spirits to eat.  
A hundred thousand buried overnight  
in hastily-dug ditches, because of the heat.  
And the smell! So no one believed she was really alive,  
this girl trapped under rubble for almost two weeks,  
until a worker heard tunes issuing from twisted rebar  
and stopped, petrified in disbelief.

She was still singing when they pulled her out,  
skinny as the edge of a sickle moon.  
I watched on TV from my living room  
as Darlene Etienne, age sixteen,  
was drawn forth from her living tomb,  
caroling hymns in Creole.

How many mornings have I struggled  
to hush the voice in my brain  
saying you will never find your place in this world--?  
How many years wrestled the weight of imaginary bricks  
that would pin me paralyzed to the bed? But this girl  
sang herself through the closed door of the grave  
and it opened and she rose.  
A miracle. Praise the light.  
Praise how I hear her voice deep in my own heart now,  
a thin soprano thread pulsing with longing.

# Music

In addition to this Worship Resource Packet, we have four other sources of support for musicians:

1. **UUMN (UU Musicians Network) Online Database**: The leadership of the UUMN has generously added our monthly themes to the UUMN music database. This provides a centralized place for Soul Matters musicians to post and share music ideas with each other. You also get to tap into the suggestions from other UU musicians from around the country. You can access the UUMN Music Database here: <https://airtable.com/shr4swuXjigK0bUJj/tblHTcS5ZYRYNhu8f/viwOK8NypWgMxCtSs>  
More detail and instruction is provided on the music resources page on our Soul Matters website found here: <https://www.soulmatterssharingcircle.com/resources-for-musicians.html>
2. **Soul Matters Music Support Facebook Page**: This support page is for ongoing sharing among Soul Matters musicians. Click [here](#) to go to that Facebook page.
3. **Soul Matters Worship Support Facebook Page**: This support page is for ongoing sharing among worship leaders and teams. It is also a great source of music support. Click [here](#) to visit that page.
4. **Soul Matters Spotify Playlists**: We create a [Spotify](#) playlist for each month that includes songs on the monthly theme. This provides inspiration for our small group participants but is also useful to musicians. Click [here](#) for links to the Spotify playlists for each month.

## This Month's Music Recommendations

**Love is the Water that Wears Down the Rock - Brother Sun**

<https://www.youtube.com/watch?v=8BBbgLS87do>

**Spirits Strong - Rev. Wendy Luella Perkins (c) 2016**

<https://www.youtube.com/watch?v=JnOVsXlsmSI&feature=youtu.be>

*Persevering together on the long road...*

“Walk with me, o friend, walk with me  
Walk with me, o stranger, walk with me  
Though the road is perilous  
The journey's long  
When we walk together  
Makes our spirits strong  
Stranger, friend, walk with me.”

**Weather the Storm - Benjamin Scheuer**

<https://www.youtube.com/watch?v=D2fJlOl9BMY>

**Higher Ground - Songs Around the World**

<https://www.youtube.com/watch?v=3hGSqghhokE&index=27&list=RDkkulrSP9Pi8>

# Sermon Seeds

## Angles, Ideas & Twists To Get Your Sermon Started!

Don't forget to explore the small group packet for additional sermon seeds. There are numerous quotes and poems to enhance your sermons and you can find many sermon angles in the questions and the spiritual exercises.

### **Quote: Together, we can sustain a very long, beautiful song**

*Michael Moore*

<http://cortarts.com/cspa-blog/2017/2/13/quote-from-michael-moore>

"This morning I have been pondering a nearly forgotten lesson I learned in high school music. Sometimes in band or choir, music requires players or singers to hold a note longer than they actually can hold a note. In those cases, we were taught to mindfully stagger when we took a breath so the sound appeared uninterrupted. Everyone got to breathe, and the music stayed strong and vibrant...Let's remember MUSIC. Take a breath. The rest of the chorus will sing. The rest of the band will play. Rejoin so others can breathe. Together, we can sustain a very long, beautiful song for a very, very long time. You don't have to do it all, but you must add your voice to the song."

### **Quote: Nelson Mandela**

"I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can only rest for a moment, for with freedom come responsibilities, and I dare not linger, for my long walk is not ended."

### **Quote: Robert Strauss**

"Success is a little like wrestling a gorilla. You don't quit when you're tired. You quit when the gorilla is tired."

### **Book: To Wake, To Rise: Meditations on Justice and Resilience**

*William G. Sinkford*

<http://www.uuabookstore.org/To-Wake-To-Rise-P18187.aspx>

An anthology of 29 poems, prayers, and reflections about resisting oppression and keeping the faith in social action work.

### **Book: Option B: Facing Adversity, Building Resilience, and Finding Joy**

*Sheryl Sandberg and Adam Grant*

"From Facebook's COO and Wharton's top-rated professor, the #1 New York Times best-selling authors of *Lean In* and *Originals*: a powerful, inspiring, and practical book about building resilience and moving forward after life's inevitable setbacks."

**Article about the book found [here](#)**

**Book: Endure: The Power of Spiritual Assets for Resilience to Trauma & Stress**

*Daniel D Maurer*

<https://transformation-is-real.com/endure-book>

**Article: Five Ways Science Says to Handle Difficult Times**

*Kira M Newman*

<http://upliftconnect.com/5-science-handle-difficult-times/>

**Article: The Sweetest Comeback Ever: What We Can Learn From A CupCake**

*Rita Schulte*

<http://www.lifehack.org/articles/productivity/the-sweetest-comeback-ever-what-can-learn-from-cupcake.html>

**Excerpt:** “Americans went into mourning last November when Hostess closed its doors and Twinkies, Ding Dongs and CupCakes disappeared from shelves nationwide. Those of us who grew up on the tasty treats were elated this year when C. Dean Metropoulous & Co... brought the iconic snacks back to life... Talk about tenacity! Despite the stir this comeback has created (for good and bad), we have to ask ourselves if there is anything we can learn from this wise, old sweet treat about perseverance? So, pull up a chair, get a cup of coffee and a Twinkie, and let’s explore what tenacity and Twinkies have in common...”

**Book: The Gutsy Girl: Escapades for Your Life of Epic Adventure**

*Caroline Paul*

[https://www.amazon.com/Gutsy-Girl-Escapades-Your-Adventure/dp/1632861259/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/Gutsy-Girl-Escapades-Your-Adventure/dp/1632861259/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=)

Review: “Writer Caroline Paul, one of the first women on San Francisco’s firefighting force and an experimental plane pilot, believes that not much has changed in the century since — that beneath the surface progress, our culture still nurses girls on “the insidious language of fear” and boys on that of bravery and resilience. She offers an intelligent and imaginative antidote in *The Gutsy Girl: Escapades for Your Life of Epic Adventure* (public library) — part memoir, part manifesto, part aspirational workbook, aimed at tween girls but speaking to the ageless, ungendered spirit of adventure in all of us, exploring what it means to be brave, to persevere, to break the tyranny of perfection, and to laugh at oneself while setting out to do the seemingly impossible.”

**Book: Rising Strong: The Reckoning, The Rumble, The Revolution**

*Brené Brown*

<http://www.spiritualityandpractice.com/book-reviews/view/28234/rising-strong>

“This is a book about what it takes to get back up.”

### **Video: Grit: the power of passion and perseverance**

*Angela Duckworth*

Ted Talk Video: <https://www.youtube.com/watch?v=H14bBuluwB8>

Related article: : <http://incharacter.org/features/angela-duckworth-talks-to-ic/>

Related video: [https://www.youtube.com/watch?time\\_continue=34&v=hAwj1eGvDw](https://www.youtube.com/watch?time_continue=34&v=hAwj1eGvDw)

Angela Duckworth has done more than anyone else to popularize the term grit. While teaching low-income children, Duckworth became convinced that something besides IQ was a key factor in predicting success. What was this something else? Duckworth's answer: grit!

**Article: Wisdom from a MacArthur Genius: Psychologist Angela Duckworth on Why Grit, Not IQ, Predicts Success**

*Maria Popova*

<https://www.brainpickings.org/2013/09/26/angela-duckworth-grit/>

### **Article: The Limits of "Grit" - The New Yorker**

<http://www.newyorker.com/culture/culture-desk/the-limits-of-grit>

### **Book: Outliers: The Story of Success**

Malcolm Gladwell

*Excellence and the perseverance of 10,000 hours*

Video on 10,000: <https://www.youtube.com/watch?v=DPCOMtJL6vA>

Gladwell on a community that supports perseverance and excellence

[https://www.youtube.com/watch?v=XS5EsTc\\_-2Q](https://www.youtube.com/watch?v=XS5EsTc_-2Q)

### **Podcast: Sink or Swim - This American Life**

**Text:** <https://www.thisamericanlife.org/radio-archives/episode/321/transcript>

**Podcast:** <https://www.thisamericanlife.org/radio-archives/episode/321/sink-or-swim>

**Excerpt** "We have three stories of people who get thrown in over their head. In one of our acts we have a guy who is not a doctor who starts doing something that even he admits only a doctor should be doing. In another, the entire world decides that a teenager is something that he feels that he is not. And Jonathan Goldstein brings us the story of the first global sink-or-swim. I'm talking of course about the story of Noah's ark..."

### **Podcast: Love Doesn't Make Us Stupid — It Makes Us Brave**

*Sharon Salzberg*

<https://onbeing.org/blog/sharon-salzberg-love-doesnt-make-us-stupid-it-makes-us-brave/>

*(To persevere in loving the world)*

Excerpt: "Many years ago, as my publisher and I were searching for a cover for an early book of mine, they sent me a depiction of a Van Gogh print. Much of the space was taken up by a big, yellow sky. Down in one corner there were a few crumbled repeated huts. I thought it a scene of utter devastation and said to a friend, "This looks like it should be the cover of *The Grapes of Wrath* or something like that." She replied, "This looks like a world that could use some love." Needless to say, we chose a different cover, but my friend's comment has stayed with me all this time. "This looks like a world that could use some love."..."

**Article: Time Does Not Heal All Wounds**

*Omid Safi*

<https://onbeing.org/blog/omid-safi-time-does-not-heal-all-wounds/>

*(Persevering through grief)*

Excerpt: “When my husband, Fred, died, my father told me that time does not heal all wounds but gives us the tools to endure them. I have found this to be true in the greatest and smallest of matters...”

**Article and video: Depression and Resilience**

<https://onbeing.org/blog/depression-and-resilience/>

**Book: Perseverance**

*Margaret Wheatley*

[https://www.amazon.com/dp/B003YL4OYK/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B003YL4OYK/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)

**Podcast: The Resilient World We're Building Now - On Being**

<https://onbeing.org/programs/patrisse-cullors-robert-ross-the-resilient-world-were-building-now/>

We’ve heard a lot about Black Lives Matter, but you may never have heard one of its founders reflect outside a moment of crisis. Black Lives Matter co-founder and artist Patrisse Cullors presents a luminous vision of the resilient world we’re making now. She joins Dr. Robert Ross, a physician and a leader who is helping redefine public health in terms of human wholeness, in a cross-generational conversation. They give voice to the generative potential in this moment we inhabit — its courage and creativity, its seeds in trauma and resilience, and its possibility for all of our growth as individuals and community.

**Recommended Autobiographies from people who have persevered in the name of justice:**

**Crusade for Justice: The Autobiography of Ida B. Wells - Ida B. Wells-Barnett,**  
**On Pilgrimage - Dorothy Day**  
**The Violence of Love - Oscar A. Romero**

**UU Connections: Perseverance, UU History & UU Theology:****Olympia Brown - A Voice and A Vote**

*Janeen Grohsmeyer*

<https://www.uua.org/re/tapestry/children/tales/session15/story-3>

**Sermon: Not Alone**

*Sara Smalley*

<http://robbinsdaleucc.libsyn.com/podcast/p172017-not-alone>

Sermon about the courage and perseverance of Olympia Brown and her friendship with Congregational Minister, Antoinette Brown.

# Recommended Sermons

## **Resilience: To be more like water and less like ice**

*Rev. Sandra Fees*

Text: <http://www.uuberks.org/sermon/resilience>

A celebration of the resources and tools that our faith offers us to support and inspire resiliency.

## **The Breaking Point....and After**

*Rev. Audette Fulbright*

Text: <http://www.uucheyenne.org/multimedia-archive/the-breaking-point-and-after/>

An elegant reflection on spiritual survival and the Japanese artistic practice of kintsugi.

## **What I Learned Falling to the Earth: Habits of Resilient People**

*Rev. Sharon Ditmar*

Text: <http://www.firstuu.com/sermons/2016/03/mar-06-2016.pdf>

## **Resistance & Resilience**

Rev. Victoria Safford

Audio: <https://player.fm/series/white-bear-unitarian-universalist-church-wbuuc-sermons/resistance-and-resilience-08-27-17-sermon>

Honoring songs of perseverance

## **What Is Meant by Perseverance?**

*Rev. Tom Goldsmith*

Video: [https://www.youtube.com/watch?time\\_continue=7&v=J8q7Bd2RgQw](https://www.youtube.com/watch?time_continue=7&v=J8q7Bd2RgQw)

The call to “hanging on to our humanity” and the debate between Zen and researchers about perseverance.

## **Co-Resist! (and Co-Persist and Co-Persevere!)**

*Rebecca Parker*

Audio: <http://www.all-souls.org/node/1645>

## **To Be Determined - A persevering love**

*Tamara Casanova Suzuki*

Video: <http://liveoakgoleta.org/multimedia-archive/tbd-to-be-determined/>

## **Resistance and Resilience**

*Reverend Elizabeth Stevens*

A reflection of “geologic time” and a call to “think like a mountain”!

Video: <https://www.youtube.com/watch?v=fC6dZsQ2Yzl>

# Closing Words

## **We shall overcome**

*Jonalu Johnstone*

<https://www.uua.org/worship/words/closing/we-shall-overcome>

We shall overcome.

When we can truly celebrate the diversity of contributions and talents offered by all people, we shall overcome hatred and prejudice and oppression.

When we can truly extend our hands to one another in loving acceptance, we shall overcome the past that haunts us now.

Living in peace and freedom, we shall overcome the wrongs that have happened and the debts left unpaid.

Let us join together in that commitment to overcome.

Let us say together, "Amen."

## **Closing Words for Hard Times**

*Maureen Killoran*

This benediction was inspired by "Choose to Bless the World" by Rev. Dr. Rebecca Parker

<https://www.uua.org/worship/words/benediction/closing-words-hard-times>

No matter how weak or how frightened we may feel, we each have gifts that can make a difference in the world. In this coming week, may you do at least one thing to support the broken; to welcome the stranger; to celebrate what is worthy; to do the work of justice and love.

Be strong.

Be connected.

Each day, act — so you may be a little more whole.

## **May our lives be blest**

*Paul H Beattie*

<https://www.uua.org/worship/words/closing/5986.shtml>

May our lives be blest according to the depth of our love,  
the persistence of our faith,  
our willingness to forgive and be compassionate,  
and in proportion to our yearning to be free. Amen.

## **Daring Vision**

*Maureen Killoran Cory*

We extinguish this chalice flame,  
daring to carry forward the vision of this free faith,  
that freedom, reason and justice  
will one day prevail in this nation and across the earth.

## Opportunities for Support & Connection

Join the Soul Matters Inspiration Facebook Page:

<https://www.facebook.com/soulmatterssharingcircle/>

Join the Soul Matters Ministers' Support Facebook Page:

<https://www.facebook.com/groups/719788338192570/>

Join the Soul Matters Music Leader Support Facebook Page:

<https://www.facebook.com/groups/Soulmattersmusic/>



© 2017-18 Soul Matters ALL RIGHTS RESERVED

**Packets are for use only by member congregations of the Soul Matters Sharing Circle.**

Learn how to join at <http://www.soulmatterssharingcircle.com>