



Soul Matters

**What does it mean to be
a people of BECOMING?**



**April 2021
Worship Resources**

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About Online Permissions

To support your online worship efforts and take a bit of the load off you, we're doing the permission research on items we include in our worship resource packets this year. We include explicit "permission notes" with each referenced piece. These permission notes provide you with the source of permission so you can follow up and feel more secure about the status of each piece.

Additionally, we use a three-part symbol system so you can easily identify the level of permission of each piece:

1. Permission for In-Person Use Only - These have **no symbols** next to their titles
2. Permission for Online Streaming Only - These have a **single asterisk** next to their titles
3. Permission for Online Streaming *and* Online Archiving - These have **two asterisks** next to their titles.

In some cases, there are additional requirements for use, such as not recording a sermon, emailing authors/composers that you've used their work, offering a donation for the work or, for music, securing a usage license. When these special requirements apply, we spell them out.

Four more important issues:

1. No Permission Notes for Sermon Seeds: This is because online sermons follow different rules than other online liturgy, such as music, opening words, prayers and readings. As long as you follow fair use guidelines, our understanding is that online sermons can refer to all the sermon seeds we reference.

2. UUA's Meditation Manual Anthologies Not Available for Online Use: We contacted Skinner House, the publisher of UUA meditation manuals, and they clarified that only *single author* meditation manuals, not anthologies, have been authorized for online use. To get permission for pieces from these anthologies, you must reach out to those individual authors one by one. Skinner House is glad to help you navigate that process of securing individual permissions. For more information, visit this [UUA.org link](http://UUA.org). We plan to seek permissions from these authors as time allows. This will be especially important as many of the UUA anthologies focus on voices of color and marginalized identities.

3. Only Referencing Texts and Audio of Sermons: Our approach to sermon support for 2020-21 will likely evolve as the year progresses. There are a number of emerging discussions about fair use of sermons, particularly around ensuring that congregations compensate preachers fairly and ensuring that systems offering free sermons don't undermine UU preachers who depend on guest preaching income for their livelihood. So for now, we are only referencing and securing permission for sermon *texts* and *audio clips*. The current consensus seems to be that access to free texts and audio files (versus video files) does not undermine those offering sermon videos or virtual guest preaching. We are exploring various additional ways for you to gain access to sermons and virtual guest preachers on our monthly themes. We will share those options if and when they emerge.

4. Why Include "Online-Restricted" Pieces?: You may wonder why we are still recommending/referencing liturgical pieces that only have permissions for in-person worship use. Our assumption is that some of these "online-restricted" opening words, prayers and poems will be helpful in *written* communications to your congregation, such as pastoral messages or newsletter articles.

There's a lot here to absorb. Like you, we are still navigating our way into this new territory. So if any of this is unclear or confusing, please don't hesitate to reach out to us. We also welcome corrections, cautions and suggestions for improvement. And if you come across great resources that are authorized for online use, please send them our way!

Calendar Connections

April 2021 - Becoming

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

Interfaith:

- [Lent](#) (Christian) - [Feb. 17 - April 3, 2021](#)
- [Vesak](#) - Celebration of Buddha's Birthday, Enlightenment and Death) (Buddhist) - [April 8, 2021](#), and [others](#) (more [here](#) & [here](#))
- [Maundy Thursday](#)/Holy Thursday (Christian) - April 1, 2021
- [Good Friday](#) - (Christian) April 2, 2021
- [Easter](#) (Christian) - April 4, 2021
- [Ramadan](#) (Islam) - April 12 - May 11, 2021 (more [here](#) and [here](#))

Unitarian Universalist:

- [William Ellery Channing's](#) Birthday - April 7 (1780)
- Death of [Sophia Lyon Fahs](#) - April 14 (1978)
- [Hosea Ballou's](#) Birthday - April 30 (1771) (more [here](#))
- [Climate Justice Month](#) - March 22 to April 22

National & Cultural:

- Arab American Heritage Month
- [Jazz Appreciation Month](#) (more [here](#))
- [National Poetry Month](#) (more [here](#))
- [Dr. Carter G. Woodson](#), the founder of Black History Week, dies - April 3 (1950)
- Martin Luther King Jr gives his "mountaintop speech" - April 3 (1968)
- Martin Luther King Jr Assassinated - April 4 (1968)
- [U.S. declares war on Germany](#) - April 6 (1917)
- [Vimy Ridge Day](#) (Canada) - April 9
- [Fair Housing Act passed](#) - April 11 (1968)
- [Richard Allen and Absalom Jones](#) organized the [Free African Society](#) - April 12 (1787)
- [Freddie Gray is arrested in Baltimore and dies](#) after sustaining injuries in police custody - April 12 (2015)
- [Earth Day](#) - April 22
- [Take Our Daughters and Sons to Work Day](#) - April 26 (more [here](#), [here](#) and [here](#))
- [Day of Silence](#) (LGBTQ) - April 27 (more [here](#) and [here](#))
- First day of [LA riots](#), sparked by acquittal of four white cops in the beating of Rodney King - April 29 (1992)

For Fun and On the Fringe:

- [April Fool's Day](#) - April 1 (more [here](#) and [here](#))
- [Star Trek Day](#) - April 5 (more [here](#))
- [National Tell a Story Day](#) - April 27
- [National Superhero Day](#) - April 28 (more [here](#))

Chalice Lightings & Opening Words

Holy is this place **

Rev. Maureen Killoran

Full piece at <https://www.uua.org/worship/words/meditation/holy-place>

[Permission Source](#)

Holy are the places of memory,
the places which have formed us,
where we...gather threads and pieces of what we would become...

Holy are the places of change and pain...
where the rivers of our lives run white and fast,
and we hold on, hold on and grow...

We Travel This Road Together **

Rev. Tess Baumberger

Full words at <https://www.uua.org/worship/words/litany/we-walk-road-together>

[Permission Source](#)

From the busy-ness of everyday we gather once a week
to remember who we are, to dream of who we might become.

We travel this road together....

We share this journey across differences of belief and opinion...
Today as we take the next steps, let us notice our fellow travelers...

Amid all the noise in our lives **

Rev. Tim Haley

Full piece at <https://www.uua.org/worship/words/opening/5144.shtml>

[Permission Source](#)

...We know we are on our pilgrimage here but a brief moment in time.
Let us open ourselves, here, now,
to the process of becoming more whole --
of living more fully;
of giving and forgiving more freely;
of understanding more completely...

Chalice Lighting invoking Thoreau **

Ben Soule

Full piece at <https://www.uua.org/worship/words/chalice-lighting/chalice-lighting-invoking-thoreau>

[Permission Source](#)

...This light we now kindle here will become a light for each of us to carry forth,
as we find our way through the shadows on our path...

Nurture This Precious Light **

Rev. Naomi King

Full piece at <https://www.uua.org/worship/words/reading/184317.shtml>

[Permission Source](#)

...As we nurture this precious light together, we become a light of hope turning isolation into community, anguish into peace, sorrow into joy.

Nurture this precious light.

As we do, our faith burns a steady flame of innovation banishing illusion, creating a new and renewing way together...

Together, we turn this world from bleak to bright...

In Honor of First Steps **

Rev. Scott Tayler

[Permission secured by Soul Matters](#)

We light this chalice in honor of first steps.

For beginning even when the path ahead is unclear.

For the courage it takes to trust

that the way will reveal itself

that light will come to clarify our vision

that friends will be by our side.

May the words, song, stillness and common breath of this hour,

remind us that every step of the way

Is never one we take alone.

The End Is the Beginning **

Katie Gelfand

Full words at <https://www.uua.org/worship/words/chalice-lighting/end-beginning>

[Permission Source](#)

...For we know, with brave hearts,

that from every ending of our lives,

We are sent forth to make a new beginning.

This promise that we make... **

Rev. Gretchen Haley

[Permission secured by Soul Matters](#)

A:

If you are a dreamer, come in.
If you are a dreamer, a wisher, a liar,
A hope-er, a pray-er, a magic bean buyer . . .
If you're a pretender, come sit by my fire,
For we have some flax golden tales to spin.
Come in! Come in!

B:

Come in if you're worried summer's going too quick
Come in if you're hoping for more singing shtick
Come in if you can't wait til the beauty of fall
Come in if you're visiting and wondering what the heck is this all

C:

If you are a laugher, a dance-r, a league of women voter....
If you are a read-er, a singer, a Hawaiian lei wearer
A star-gazer, a doubter, an early-riser, a late-bloomer
If you're still growing and learning and becoming yourself
Come in! Come In -
For we have some wild tales of the spirit to spin

A:

Courage to gain

B:

Hope to renew

C:

Souls to recharge

A:

Come in! Come in!

B:

Come, Let us worship together.

Love After Love

Derek Walcott

<https://lotusheartmindfulness.com/lotus-heart-blog/2019/2/15/love-after-love>

No permission secured

The time will come
when, with elation,
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the other's welcome
and say, sit here. Eat...

Meditations, Prayers & Blessings

In The Silence **

Rev. Sara Eileen LaWall

[Permission secured by Soul Matters](#)

Spirit of life and love,
In the silence
In the stillness
We hear the call of our own heart
Its tender dreams
Its sorrows and its triumphs
In the silence
In the stillness
We hear whispers of days gone by
Of dreams still becoming
The promise of the future
We celebrate together
Our individual journeys and dreams
And our collective ones
Knowing the journey is so much richer
With others to share in it.
In the name of all that is holy we pray.
Amen.

The Heart of Both-And **

Rev. Lyn Cox

Full piece at <https://www.uua.org/worship/words/prayer/heart-both-and>

[Permission Source](#)

Spirit of Life, ever adapting and renewing, we come together this morning with yearnings that do not match: We yearn for stability, for even one moment of feeling like we know what is going on... Yet we also yearn for change... Hold us in the heart of Both-And. Cradle us in the mystery...

Walking the Crooked Path **

Rev. Thomas Rhodes

Full meditation found at <https://www.uua.org/worship/words/meditation/walking-crooked-path>

[Permission Source](#)

Lead us this day on a crooked path...
We lose so much when we take the direct route...
For the crooked path also leads us home.

All That We Have Been, All That We Will Become **

Rev. Leslie Ahuvah Fails

Full piece at <https://www.uua.org/worship/words/meditation/all-we-have-been-all-we-will-become>
[Permission Source](#)

All that we have been separately
and all that we will become together
is stretched out before and behind us
like stars scattered across a canvas of sky.
We stand at the precipice, arms locked
together like tandem skydivers
working up the courage to jump...

Desert Spring **

Rev. Victoria E Safford

Full piece found at <https://www.uua.org/worship/words/meditation/desert-spring>
[Permission Source](#)

...They had no idea what they were getting into, following this Moses... They had no idea, these slaves, what it could mean, this promise of land (their own country) and life abundant. Of freedom they knew nothing, except what they could taste by living in its opposite...
In the springtime we remember: the promised land is not a destination—it is a way of going... you carry it inside you all the while...

The Pearl

Rev. Linda Haggerstone

Full piece found at <https://www.unitarian.org.uk/pages/meditations-and-reflections>
No permission secured

... the tiny grain, a speck of grit
soon begins to grow,
becoming full and moon-shaped...
It grows within me 'til the time comes:
the womb-like chamber
of my heart opens wide
and the pearl wakes, breathing the first breath
of a new dawn...

“Hokusai Says”

Roger Keys

Video meditation: <https://www.youtube.com/watch?v=zktVAi9UdLw>

Text: <https://suzannewhitby.com/hokusai-says-dont-be-afraid-with-thanks-to-roger-keys/>

No permission secured

Music

Soul Matters Music Resources

In addition to the suggestions below, be sure to tap into our other sources of support for music leaders:

1. **AUUMM (Association for UU Musicians Ministries) Online Database:** The wonderful leadership of the AUUMM have added our monthly themes to the AUUMM music database. It's a great way to get music suggestions from UUs all around the country. Access the AUUMM Music Database [here](#). More detail can be found on our [webpage](#).
2. **Soul Matters Music Support Facebook Page:** This support page is for on-going sharing among Soul Matters musicians. Click [here](#) to go to the Facebook page.
1. **Monthly online musicians' brainstorming group:** Meets on the first Tuesdays of each month at 4pm eastern (1pm pacific) using this zoom link: <https://us02web.zoom.us/j/5857099120>
3. **Recordings** of all of our monthly music brainstorming calls are available [here](#).
4. **Soul Matters Music Playlists:** We create two different playlists each month: one in Spotify and another in YouTube. This is intended to provide inspiration for our small group participants, but might be useful to musicians. Click [here](#) for links to the [Spotify playlists](#) for each month. Click [here](#) to check out the [YouTube playlists](#).

Suggestions For This Month

from Soul Matters Music Resources Coordinator, [Sara Brandt-Doelle](#)

Recommended & Permissioned Hymns**

Use of Hymns: All of the hymns listed below have permissions for live streaming and online recording/archiving, assuming you have legally obtained copies of the UU hymnals. ([Permission Source](#))

Use of Texts: However, you are not allowed to include the text of hymns as a part of your live streaming and online archived services *unless* those lyrics are in the public domain or permission is given. We've marked texts that are in the public domain with "(PD)" after the title and noted when permission has been given with "(**not PD, but permission given**)".

When text is not in the public domain, congregations are sending out the lyrics in advance to their members in an email, providing they have legal copies of the hymn such as hymnals at the church, or are sending out a link to a website where the lyrics can also be found.

- 18 What Wondrous Love (PD)
- 22 Dear Weaver of Our Lives' Design (PD)
- 31 Name Unnamed (**not PD, but permission given**)
- 37 God Who Fills the Universe (**not PD, but permission given**)
- 40 The Morning Hangs a Signal (PD)
- 59 Almond Trees, Renewed in Bloom (PD)
- 61 Lo, the Earth Awakes Again (PD)
- 63 Spring Has Now Unwrapped the Flowers (**not PD, but permission given**)
- 73 Chant for the Seasons (**not PD, but permission given**)
- 74/1071 On the Dusty Earth Drum (PD)
- 116 I'm On My Way (**not PD, but permission given**)
- 138 These Things Shall Be (PD)
- 145 As Tranquil Streams (PD)

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- 146 Soon the Day Will Arrive **(PD)**
- 149 Lift Every Voice and Sing **(PD)**
- 166 Years Are Coming **(PD)**
- 211 We Are Climbing Jacob's Ladder
- 295 Sing Out Praises for the Journey
- 1013 Open My Heart **(not PD, but permission given)**
- 1015 I Know I can (Permission given to change sister to siblings and brother to kindred) **(not PD, but permission given)**
- 1017 Building a New Way (must credit Martha Sandefer as songwriter)
- 1018 Come and Go with Me
- 1019 Everything Possible **(PD)**(permission granted, but send email with link info@rhythmictrident.com when used.)

Hymns where you need to seek out permission or already have license to sing:

- **205/206 Amazing Grace**
Text permission: In public domain
Melody: Public Domain; Arrangement: Abingdon Press or One License
- **60 In Time of Silver Rain**
Text permission: words: from Selected Poems of Langston Hughes, by Langston Hughes Alfred A. Knopf, Inc. Random House, Inc. Copyright & Permissions Dept. 1745 Broadway, 3rd Floor New York, NY 10019 212/ 572-6066
Music & arrangements: You need to ask permission from George Walker 323 Grove St. Montclair, NJ 07042 gtwalker@verizon.net
- **1053 How Can Anyone?**
 **You are responsible for obtaining permission to stream video from the copyright holder.
 libbyroderick@gmail.com: "This is Tiffany at Turtle Island Records. All requests for song usages are handled by our attorney, but I can give you the general overview. The general fee for uses of Libby's songs in church services is \$30, payable to Turtle Island Records 5316 E. 41st Ave Anchorage AK 99508, unless that represents a true hardship for the congregation. The broadcast can remain online for 30 days or less after the service is over. If the church wishes to keep the recording up beyond 30 days, that requires additional permission and fees. The most common arrangement I've seen is churches wanting to post the broadcast for a year, which runs \$100."

Recommended Choral or Vocal Pieces

Pass On the Light Cliff Hardin <https://www.clifhardinmusic.com/>

Rivers of Grace <https://www.youtube.com/watch?v=kSAynToUawY> ; Carla.G725@gmail.com

Music/Hymn Videos Permitted By the UUA **

Permission Source: <https://www.uua.org/worship/lab/music-online-worship?fbclid=IwAR3mn3pda3DJiHFC7AVBkGuBbmyl7YiqJ64LoQ8ejuFUNiF8uHVPupW1AVM>

From Singing the Living Tradition

- ["There Is More Love Somewhere"](#) (#95 in Singing the Living Tradition; [African American hymn](#)). Singing by [Jess Huetteman](#).
- ["My Life Flows On in Endless Song"](#) (#108 in Singing the Living Tradition; Quaker text paired with melody written by American Baptist minister Robert Wadsworth Lowry). Piano and melodica by Michael Frye-Hunt; vocals by Dorothy Frye-Hunt.
- ["Spirit of Life"](#) twice through (#123 in Singing the Living Tradition; music and words by Carolyn McDade). By Jennifer Nicolosi (Lead Music Director, Unitarian Universalist Church West, Brookfield WI).
- ["For All That Is Our Life"](#) (#128 in Singing the Living Tradition; music by Patrick L. Rickey, words by Bruce Findlow). Piano and singing by [Jess Huetteman](#).
- ["Step by Step the Longest March"](#) (#157 in Singing the Living Tradition; Irish folk song adapted and arranged by Waldemar Hille, words from the preamble to the Constitution of the United Mine Workers of America. Performed by Dave Rowe and Stacey Guth. If you use this video, please visit Dave's [virtual tip jar](#) to make a love offering.
- ["I Know This Rose Will Open"](#) (by Rev. Mary Grigolia; #396 in Singing the Living Tradition). Piano and singing by [Jess Huetteman](#).

From Singing the Journey

- ["I Know I Can"](#) (words by Dennis Hamilton; music by Jeannie Gagné; #1015 in Singing the Journey). Created by Jennifer Nicolosi (Lead Music Director, Unitarian Universalist Church West, Brookfield WI).
- ["Woyaya"](#) (words & music by Loughy Amoa, Solomon Amarfio, Robert M. Bailey, Roy Bedeau, Francis T. Osei, Whendell K. Richardson, and Mac Tontoh; #1020 in Singing the Journey). Created by Paul Thompson (Music Director at the UU Church of the Palouse, Moscow ID).
- ["Lean on Me"](#) (words & music by Bill Withers; #1021 in Singing the Journey). Created by the Minnesota Valley UU Fellowship.
- ["When the Spirit Says Do"](#) (#1024 in Singing the Journey). Words & music: African American spiritual, arr. Mark Freundt. Vocals and piano by Ruben Piirainen, Music Director, Unitarian Universalist Church West (Brookfield, WI)
- ["Blue Boat Home"](#) (words by Peter Mayer; #1064 in Singing the Journey). Created by Paul Thompson (Music Director at the UU Church of the Palouse, Moscow ID).

From Worship Web:

- Becoming, by Mary Grigolia <https://www.uua.org/worship/words/music/becoming>
- So We Go, by Patrick DeSimio <https://www.uua.org/worship/words/music/so-we-go>

Music Videos From the Web

Lea Morris Music**

A New World

Lea Morris (<https://www.thisislea.com>)

On YouTube: <https://www.youtube.com/watch?v=Z9-UacuA-90>

On Lea's Site:

Discount & Permissions: Lea is generously giving all Soul Matters congregations 10% off the purchase of the video and audio clips of all the music on her site (<https://www.hopesingseternal.me/songs>) through the end of this church year, June 30, 2021. The discount code to use at check out for this 10% discount is "SM2020!"

While you can preview the music videos using the YouTube links, she asks that you [purchase](#) (with the discount) the files as license to use the recordings in your live-stream and recorded worship. But she also wants you to know that if the cost is prohibitive, you can play the YouTube version in your online worship for free. If you do use the free YouTube option a number of times, we encourage you to make a donation to her on her website at <https://www.thisislea.com/donations>

Empty Hands Music **

<https://www.emptyhandsmusic.org/videos>

Indian-American rapper Nimesh "Nimo" Patel

- PLANTING SEEDS: A Song of Life | Empty Hands Music | nimo feat. daniel nahmod
<https://www.youtube.com/watch?v=5AmqYcWjBmc>

Permissions & Donations: Nimo Patel and the Empty Hands team has given permission for Soul Matters congregation to use their videos in our online worship services, including in recorded & posted services, as well as non-recorded. But they note that YouTube might automatically restrict or flag your video if their video is contained in it)

We've made a donation to Nimo and the Empty Hands team, but if you have any funds to also make a small donation - <https://www.emptyhandsmusic.org/support>

Stories For All Ages

Stories Permissioned from UUA Worship Web

- The Frog Prince, by Christopher Buice <https://www.uua.org/worship/words/story/frog-prince>

Stories in the Public Domain

- Velveteen Rabbit
- Story of Pinocchio
- [Our Souls Have to Catch Up](#)
- Why were you not Zusya story - has been told by Martin Buber and Parker Palmer and many others: <https://rabbisyvliarothschild.com/tag/why-were-you-not-zusya/>
- Be the Boss - Zen Story
A horse suddenly came galloping quickly down the road. It seemed as though the man had somewhere important to go. Another man, who was standing alongside the road, shouted, "Where are you going?" and the man on the horse replied, "I don't know! Ask the horse!"

Theme Message: Are we conscious on our journey of becoming or are we like the rider, letting the horse decide where to go? This story teaches us to be mindful of the journey we are on, and make decisions, not just be at the mercy of mindless activity.

Stories Without Permission

- [Following Papa's Song](#), Gianna Marino
- [Hope for the Flowers](#)
- Geronimo Grub, from One Hundred Wisdom Stories from Around the World, Margaret Silf
- You Have Everything You Need ~ Joseph Parent
from A Walk In The Wood: Meditations on Mindfulness with a Bear Named Pooh
(Pooh and Piglet talk about 'just noticing', 'aimless wandering', and trusting that you have everything you need.)

Sermon Seeds (& Readings)

Angles, Ideas & Twists To Get Your Sermon Started!

Many of the below resources can also serve as pre-sermon readings.

*To support this, a selection have been identified as permissioned for online use (marked with **)*

Don't forget to explore the small group packet for additional sermon seeds. It contains quotes and poems to enhance your sermon, as well as numerous sermon angles in the questions and the spiritual exercises.

On Becoming Ourselves (& On Unbecoming Who We Are Not)

Quote - Albert Schweitzer

The path of awakening is not about becoming who you are. Rather it is about unbecoming who you are not.

Quote - Margery Williams Bianco, *The Velveteen Rabbit*

Real isn't how you are made," said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real...It doesn't happen all at once. You become. It takes a long time.

Poem - *Love After Love*, Derek Walcott

<https://lotusheartmindfulness.com/lotus-heart-blog/2019/2/15/love-after-love>

The time will come
when, with elation,
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the other's welcome
and say, sit here. Eat...

Essay - *Becoming Free, School of Life*

<https://www.theschooloflife.com/thebookoflife/becoming-free/>

Reflection - *Becoming Ourselves*, Rev. Amanda Poppei **

<https://www.uua.org/braverwiser/becoming-ourselves>

[Permission Source](#)

Story - *Why were you not Zusya* story - has been told by Martin Buber and Parker Palmer and many others:

<https://rabbisylviarothschild.com/tag/why-were-you-not-zusya/>

Reading/Meditation - *A Letter To Our Better Angels* **

Rev. Sean Parker Dennison

Found in [Breaking and Blessing](#), a UUA meditation manual & Soul Matters "[Common Shelf](#)" Book

[Permission Source](#)

Sermon - The Good Life, Rev. Jill Cowie (*For inspiration only*)

<https://uuharvard.org/services/life-after-life>

Quote and Litany - Litany for Becoming, By enfleshed **

Full piece at <https://www.uua.org/worship/words/litany/litany-becoming>

[Permission Source](#)

...We evolve in the midst of narratives meant only for some
and ways of being made narrow by fear and power.
We must, then, have the courage to listen to the truth of our own lives,
to the wisdom that comes from within...
This lifelong labor cannot be carried out alone. It requires help
from friends, and lovers, family, and creaturely companions
who bear witness to what makes us come alive.
And say to us, "Listen. Look. Feel. Pay attention to that."
This is loving and being loved....

Quote and Litany - Litany for Becoming, By [enfleshed](#) **

Full piece at <https://www.uua.org/worship/words/litany/litany-becoming>

[Permission Source](#)

...There is no me without you.
We shape one another.
The Sacred that birthed us
weaves our lives together
so that we can only find ourselves through shared becoming...

Prayer - I Am Afraid of Nearly Everything **

Anonymous

Full piece at <https://www.uua.org/worship/words/prayer/i-am-afraid-nearly-everything>

[Permission Source](#)

...most of all, I am afraid of what I might become:
reconciled to injustice,
resigned to fear and despair,
lulled into a life of apathy...

Reflection & Quote - Within the Light **

Jean M. Olson

Full piece at <https://www.uua.org/worship/words/meditation/within-light>

[Permission Source](#)

Draw a curtain across the window,
lock the door and break the key.
Let the interior deepen and broaden
until it exceeds this -little room.
You will go out when you are ready,
when the tiny inner Self no longer fits...

Quote and Poem - [May Sarton](#)

Now I become myself. It's taken
Time, many years and places;
I have been dissolved and shaken,
Worn other people's faces...

Quote - Rita Mae Brown

The reward for conformity was that everyone liked you except yourself.

Reading - Go to the desert to drink **

Steve Garnaas-Holmes

Full piece at <https://www.unfoldinglight.net/reflections/9grx78n46m2awwdycm39s5tzhpe7>

[Permission secured by Soul Matters](#)

Only in the wilderness of your aloneness
can you become who you are...

On Not Becoming All on Our Own (On Becoming Together)

Quote (and [podcast](#)) - Jennifer Michael Hecht

Yeah. We do believe each other into being. Imagine yourself alone on this planet. Would anything be the same? Would you wash a dish? Would you think about productivity? Would you think about when you slept? How would you conceive of what your life means? It's like a little kid left alone in a house, just sudden shock of existential distress. We make the meaning for each other. And the culture makes the meaning. And we have these friendships in our head of people who thought life was really terrible, and yet decided that there's this beauty in it, and this communalism. So, yeah, I certainly believe we believe each other into being. We're not much when we're not in the eyes of someone else at least some of the time.

Reflection - I Would Like to be Buried Alive **

Jess Reynolds

Full piece found in [Love Like Thunder](#), (pg.21), a UUA meditation manual & Soul Matters "[Common Shelf](#)" Book
[Permission Source](#)

...Spirit, plant me.

This is our covenant: you, on your knees,
up to your elbows in dirt.

Me, stripped bare of bark or shell, risking wind and snow
to give myself the chance to grow.

Quote and Litany - Litany for Becoming **

By [enfleshed](#)

Full piece at <https://www.uua.org/worship/words/litany/litany-becoming>
[Permission Source](#)

...There is no me without you.
We shape one another.
The Sacred that birthed us
weaves our lives together
so that we can only find ourselves through shared becoming...

Quote - Brené Brown

If we are going to find our way out of shame and back to each other, vulnerability is the path and courage is the light. To set down those lists of *what we're supposed to be* is brave. To love ourselves and support each other in the process of becoming real is perhaps the greatest single act of daring greatly.

Preparing for a Hike **

John Mercer

Full poem at <https://www.uuworld.org/articles/preparing-a-hike>
[Permission Source](#)

...imagine your way through the good route
and also the other route, the less preferred,
the one you'll need when the first proves impassable...
and be ready, with the first step,
to give up control
and let the journey unfold on its own, as it most certainly will.
let its accidents become opportunities, let its challenges become triumphs,
let it enter your heart and inhabit you, let it sanctify you,
let you and the journey and nature be one, as you most certainly are.

On Pain as Moments of Becoming; On Becoming Broken Open

Book - Broken Open: How Difficult Times Can Help Us Grow

Elizabeth Lesser

Quote - Elizabeth Lesser

When we descend all the way down to the bottom of a loss, and dwell patiently, with an open heart, in the darkness and pain, we can bring back up with us the sweetness of life and the exhilaration of inner growth. When there is nothing left to lose, we find the true self--the self that is whole, the self that is enough, the self that no longer looks to others for definition, or completion, or anything but companionship on the journey."

On “Faking It Until You Make It”

Article - When to Fake It Till You Make It (and When You Shouldn't)

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201606/when-fake-it-till-you-make-it-and-when-you-shouldnt>

“Faking it until you make it only works when you correctly identify something within yourself that's holding you back. Behaving like the person you want to become is about changing the way you feel and the way you think. If your motives are to prove your worth to other people, however, your efforts won't be successful, and research shows that this approach actually backfires...”

Article - 8 "Fake It 'Til You Make It" Strategies Backed by Science

<https://www.mentalfloss.com/article/74310/8-fake-it-til-you-make-it-strategies-backed-science>

TED Talk - Fake it Till You Make it - Amy Cuddy

<https://www.youtube.com/watch?v=RVmMeMcGc0Y>

Article - The scientific truth behind ‘Fake it till you make it’

<https://cognitiontoday.com/the-scientific-truth-behind-fake-it-till-you-make-it/>

On Adulthood

Article - Why is Adulthood Trending?

<https://www.lemonade.com/blog/why-is-adulthood-trending/>

“We’re in the thick of what one sociologist calls “the changing timetable for adulthood,”” wrote New York Times journalist Robin Henig. Whoa, that’s a big statement. Let’s put on our sociologist caps and look at the data... In short, millennials are delaying traditional milestones of adulthood more and more. This does more than just alter their lifestyle – it impacts the way they see the world... when we talk about “adulthood” we indirectly reference the existential anxieties about growing up that are unique to our generation... paying a bill becomes symbolic of the greater and unique responsibilities we have to protect the environment, work multiple jobs, and live paycheck to paycheck for years despite having a college degree. “Adulthood” became a phenomenon not simply because millennials don’t know how to be adults, but because they see the scope of what it entails for people entering adulthood in the 21st century...”

Article - What does “adulthood” really mean to millennials?

<https://www.adolescent.net/a/what-does-adulthood-really-mean-to-millennials>

“...the term offers insight into millennial culture surrounding our anxieties about the world today. The expectations of young adults have changed since our parents were in college or starting their careers. Many of the goalposts of success for the baby boomer generation have become outdated American stereotypes: the image of the white picket fence, the stay-at-home mom, and the working-class dad are the quintessential image of the American Dream after World War II. But this dream failed many Americans, and in fact the 50s and 60s saw a rise in usage of antidepressants and resentment of traditional gender roles. Moreover, the US economy was booming then. The middle class family could afford to buy a house, a car, and live a comfortable life... “

Article - The White Privilege of 'Adulthood'

<https://zora.medium.com/why-the-term-adulthood-is-for-the-privileged-ff23fa5945fc>

"...To the privileged, adulthood is the practice of behaving in a way that is characteristic of a responsible adult, especially the accomplishment of mundane but necessary tasks. It presumes that the person engaging in this behavior was sheltered, coddled, or otherwise lacked the basic life skills necessary to be a successful adult. But if you're not White or male, basic tasks and survival skills are likely not anything new to you. If you're a Black woman, you've probably been adulthood since kindergarten...."

Book - Adulthood: How to Become a Grown-up in 468 Easy(ish) Steps, Kelly Williams Brown

<https://www.amazon.com/Adulthood-Become-Grown-up-Easy-Steps/dp/1455516902>

Video - I'm Adulthood - The Holderness Family

<https://www.facebook.com/TheHoldernessfamily/videos/437551800438068>

[Related video](#)

Sermon Angle - Peter Pan

Use the idea from Peter Pan about childhood serving as a stage when one is reckless, irresponsible and self-focused, with adulthood when we mature enough and become responsible enough to consider the needs and feelings of others. See more at <https://etc.usf.edu/lit2go/86/peter-pan/1622/chapter-17-when-wendy-grew-up/?fbclid=IwAR2Tj9AXmUHeM3cCvhLCriaDY0o222vi7j6du7J7oovd7BQrTc4RCZupf7U>

Reflection - Dinner Dandruff, Robert Fulghum

Full piece at <http://englishiva1011.pbworks.com/f/DINNDAND.PDF>

"...A willingness to do your share of cleaning up the mess is a test. And taking out the garbage of this life is a condition of membership in community. When you are a kid, you feel that if they really loved you, they wouldn't ever ask you to take out the garbage. When you join the ranks of the grown-ups, you take out the garbage because you love them. And by "them" I mean not only your own family, but the family of humankind. The old cliché holds firm and true. Being an adult is dirty work."

Adulthood Level: Expert - Fr Mike Schmitz

<https://www.youtube.com/watch?v=rAODHu4GoKk>

On responsibility for selves, and others, as the sign of adult.

Sermon - Spiritual Adulthood, Rev. Sasha Ostrom (for inspiration only)

<http://www.uufr.org/worshipservices/spiritual-adulthood/>

On Becoming by Holding On To & Reclaiming Our Ethnic Identities

Reflection - Immigration and identity **

Yuri Yamamoto

Full piece at <https://www.uua.org/braverwiser/becoming-real-american>
[Permission Source](#)

Reflection - Identity exploration

<https://www.utne.com/arts/becomingindian>

Reflection - Affirmation as a means to becoming **

Katie Romano Griffin

<https://www.uua.org/braverwiser/fierce-fist-pump>
[Permission Source](#)

On Becoming America

Video Meditation - On the significance of Kamala Harris becoming U.S. Vice President

https://www.youtube.com/watch?v=hTU_YbsKWiU&feature=emb_logo

Video - [Amanda Gorman](#) reads her inauguration poem, 'The Hill We Climb'

https://www.youtube.com/watch?v=LZ055illiN4&feature=emb_logo

Reflection - Bearing Witness, Heide Cottam **

<https://www.uua.org/worship/words/homily/bearing-witness>
[Permission Source](#)

Reflection - Multicultural Joy, By Yuri Yamamoto **

<https://www.uua.org/braverwiser/multicultural-joy>
[Permission Source](#)

Poem - Let America Be America Again, by Langston Hughes

<https://poets.org/poem/let-america-be-america-again>

Poem - On the Pulse of Morning, by Maya Angelou

<https://poets.org/poem/pulse-morning>

Book - Caste, Isabel Wilkerson

Review & Interview: <https://www.npr.org/2020/08/04/898574852/its-more-than-racism-isabel-wilkerson-explains-america-s-caste-system>

Podcast - Anne Applebaum, Pulitzer-prize winning author and staff writer at The Atlantic, on the future of democracy

<https://www.iheart.com/podcast/962-the-munk-debates-podcast-p-52131924/episode/anne-applebaum-on-the-future-of-75690167/>

Debate - Be it Resolved, the political survival of the Republican Party requires a clear and irrevocable break with Donald Trump and Trumpism - The Monk Debates

On what's becoming of politics...

<https://munkdebates.com/podcast/republican-party>

Essay - The souls of white folks, Shay

<https://blackgirlinmaine.com/current-events/the-souls-of-white-folks/>

Essay - On Not Meeting Nazis Halfway

Rebecca Solnit

<https://lithub.com/rebecca-solnit-on-not-meeting-nazis-halfway/?fbclid=IwAR2AoDnk-mrKQhg8LpBHKB7VwyHov5d7UEGi60V2LhXOzXrMUge7vChoNL4>

Quote - Parker Palmer

If American democracy fails, the ultimate cause will not be a foreign invasion or the power of big money or the greed and dishonesty of some elected officials or a military coup or the internal communist/socialist/ fascist takeover that keeps some Americans awake at night. It will happen because we—you and I—became so fearful of each other, of our differences and of the future, that we unraveled the civic community on which democracy depends, losing our power to resist all that threatens it and call it back to its highest form.

Book - Healing The Heart Of Democracy

Parker Palmer

Review: <https://www.ywboston.org/2018/04/healing-the-heart-of-democracy/>

Research - America in 2050, Pew Research Center

<https://www.pewsocialtrends.org/2019/03/21/public-sees-an-america-in-decline-on-many-fronts/>
<https://www.pewsocialtrends.org/2019/03/21/america-in-2050/>

Article - The Future of Liberalism - Prospect

<https://www.prospectmagazine.co.uk/magazine/the-future-of-liberalism-brexit-trump-philosophy>

Article - The End Of Capitalism Has Begun

https://www.theguardian.com/books/2015/jul/17/postcapitalism-end-of-capitalism-begun?CMP=share_btn_fb&fbclid=IwAR1THrLleFa3W85tMf5JerfS-383CmBldtlu5lo1NLiDNX2eubQ_i0zWs10

On Being Podcast - Jonathan Haidt + Melvin Konner, On Capitalism and Moral Evolution

<https://onbeing.org/programs/jonathan-haidt-melvin-konner-capitalism-and-moral-evolution-a-civil-provocation/>

Article - The Future of American Politics: A party built on whiteness is collapsing; two-party dominance may go with it.

<https://prospect.org/politics/future-of-american-politics/>

Poem - I Must Become a Menace to My Enemies

June Jordan

Full poem at <https://poets.org/poem/i-must-become-menace-my-enemies>

I will no longer lightly walk behind
a one of you who fear me:

Be afraid.

I plan to give you reasons for your jumpy fits
and facial tics

I will not walk politely on the pavements anymore
and this is dedicated in particular
to those who hear my footsteps
or the insubstantial rattling of my grocery cart
then turn around

see me

and hurry on

away from this impressive terror I must be...

Quote (and [podcast](#)) - Reverend angel Kyodo williams

There is something dying in our society, in our culture, and there's something dying in us individually. And what is dying, I think, is the willingness to be in denial. And that is extraordinary. It's always been happening, and when it happens in enough of us, in a short enough period of time at the same time, then you have a tipping point, and the culture begins to shift. And then, what I feel like people are at now is, no, no, bring it on. I have to face it — we have to face it.

Soul Matters Packet - Beloved Community

Be sure to check out the [“People of Beloved Community” packet](#) (February 2021) for more resources on “becoming America.”

On That Which Lures Us Toward Becoming

Reflection - Like pendulums we swing, Don W Vaughn-Foerster

<https://www.uua.org/worship/words/meditation/5497.shtml>

Meditation -To Invoke Love **

Rev. Sean Parker Dennison

Found in [Breaking and Blessing](#), a UUA meditation manual & Soul Matters “[Common Shelf](#)” Book

[Permission Source](#)

Soul Matters Packet - Awakening

Be sure to check out our Sacred Words packet on “Awakening” for more resources on “That Which Lures Us Toward Becoming”: <https://www.soulmatterssharingcircle.com/sacred-word-individual-packets.html>

On Becoming and Accepting Change

Quote -Anais Nin

Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death.

Quote - [Rev. Manish Mishra-Marzetti](#)

Everything about our existence points toward change, flexibility, and dynamic re-creation.

And it's hard because change involves loss.

Can we hold the losses well

while not holding ourselves back?

Quote - Author Unknown

A bend in the road is not the end of the road... unless you fail to make the turn.

Quote - Lao-Tzu

Life is a series of natural and spontaneous changes. Don't resist them – that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.

Quote - John Kenneth Galbraith

Faced with the choice between changing one's mind and proving that there is no need to do so, almost everyone gets busy on the proof.

Quote - Ernest Holmes

Nature will not let us stay in any one place too long. She will let us stay just long enough to gather the experience necessary to the unfolding and advancing of the soul.

Book - Broken Open: How Difficult Times Can Help Us Grow

Elizabeth Lesser

Quote - [Elizabeth Lesser](#)

It seems that we too must go through such a time, where life as we have known it is over - when being a caterpillar feels somehow false and yet we don't know who we are supposed to become. All we know is that something bigger is calling us to change.

Sermon - When Big Shifts Happen, Rev. Sue Browning (*not permissioned for online use*)

<http://uufeaston.org/download/Sermons/Sermons%20-%20Sue%20Browning/Sue%20Browning%20-%20When%20Big%20Shifts%20Happen%20-%20May%2018,%202014.pdf>

On the Path of Becoming Called “Striving”

Why Is an Ordinary Life Not Good Enough Anymore? – Alain De Botton

<https://www.youtube.com/watch?v=1KDB42qGT-8>

On our modern hunger to become extraordinary, admired and “loved”

On the not-so-subtle message that becoming “ordinary” is not good enough!

Related TED Talk: <https://www.youtube.com/watch?v=MtSE4rqlxbY&t=66s>

Quote - William Martin

Do not ask your children to strive for extraordinary lives. Such striving may seem admirable, but it is the way of foolishness. Help them instead to find the wonder and the marvel of an ordinary life. Show them the joy of tasting tomatoes, apples and pears. Show them how to cry when pets and people die. Show them the infinite pleasure in the touch of a hand, and make the ordinary come alive for them. The extraordinary will take care of itself.

Poem - Famous

Naomi Shihab Nye

Full piece at <https://www.poetryfoundation.org/poems/47993/famous>

Video meditation: <https://vimeo.com/269955943>

...I want to be famous to shuffling men
who smile while crossing streets,
sticky children in grocery lines,
famous as the one who smiled back.

I want to be famous in the way a pulley is famous,
or a buttonhole, not because it did anything spectacular,
but because it never forgot what it could do.

Article - For Those Who (Privately) Aspire to Become More Reclusive

<https://www.theschooloflife.com/thebookoflife/for-those-who-privately-aspire-to-become-more-reclusive/>

Reflection - What We Require, by Barbara Merritt **

<https://www.uua.org/worship/words/meditation/what-we-require>

[Permission Source](#)

On the Path of Becoming Older

Quote - Morrie Schwartz

It's very simple. As you grow, you learn more. If you stayed at twenty-two, you'd always be as ignorant as you were at twenty-two. Aging is not just decay, you know. It's growth. It's more than the negative that you're going to die, it's also the positive that you understand you're going to die, and that you live a better life because of it.

Quote - Roger S. Mills

I intend to go on with my life by living it, not by buying into some notion that I no longer have the potential to become still better. I refuse to take seriously society's idea that at the arbitrary age of 65 I am suddenly a lamp going out.

Quote - Doris Lessing

And then, not expecting it, you become middle-aged and anonymous. No one notices you. You achieve a wonderful freedom. It is a positive thing. You can move about, unnoticed and invisible.

Article - How your personality changes as you age

<https://www.bbc.com/future/article/20200313-how-your-personality-changes-as-you-age>

"Our traits are ever shifting, and by the time we're in our 70s and 80s, we've undergone a significant transformation... We become more conscientious and agreeable, and less neurotic... Research has shown that we develop into more altruistic and trusting individuals. Our willpower increases and we develop a better sense of humor. Finally, the elderly have more control over their emotions. It's arguably a winning combination..."

Book - On the Brink of Everything: Grace, Gravity, and Getting Old, Parker J. Palmer

Book - Ageless Soul: The Lifelong Journey Toward Meaning and Joy, Thomas Moore

Interview: <https://www.youtube.com/watch?v=hSmPPHr3MYQ>

On the Shadow Side of Becoming

Video - The Devil = Your Inner Critic, Rev. Nadia Bolz-Weber

<https://www.youtube.com/watch?v=yQhscx6-d8I>

On the illusion of needing to become our ideal self.

Article - What If You Could Do It All Over?

As we become one thing we never quite leave behind the path not chosen.

Prayer - I Am Afraid of Nearly Everything **

Anonymous

Full piece at <https://www.uua.org/worship/words/prayer/i-am-afraid-nearly-everything>

[Permission Source](#)

...most of all, I am afraid of what I might become:
reconciled to injustice,
resigned to fear and despair,
lulled into a life of apathy...

Miscellaneous

Article: 11 Guideposts for Loving Your Path - (11 great sermon angles!)

Paolo Coelho

<http://www.awakin.org/read/view.php?tid=570>

Find Additional Resources In Our Specialty Worship Packets

In addition to our “regular” monthly themed packets, we make specialty packets on a number of special Sundays and observances. You can check out all of those specialty packets on our website at:

<https://www.soulmatterssharingcircle.com/special-worship-packets.html>

For this month, you might want to especially check out our specialty packets on [Easter](#), [Earth Day](#), and [Awakening](#).

Recommended Sermons

Notes about 2020-21 sermon recommendations:

- **Types of sermons referenced:** Our approach to sermon support for 2020-21 will likely evolve as the year progresses. There are a number of emerging discussions about fair use of sermons, particularly around ensuring that congregations compensate preachers fairly and ensuring that systems offering free sermons don't undermine UU preachers who depend on guest preaching income for their livelihood.

So for now, we are only referencing and securing permission for sermon texts and audio clips. The current consensus seems to be that access to free texts and audio files (versus video files) does not undermine those offering sermon videos or virtual guest preaching. We are exploring various additional ways for you to gain access to sermons and virtual guest preachers on our monthly themes. We will share those options if and when they emerge.

- **Permissions Secured:** To save you time and legwork, we're instituting a new practice of securing online permissions for all the sermons we reference. All of the sermons below have received permission for your online use. Unless otherwise noted, they can be used for both live streaming and recorded services that are posted on YouTube or a podcast. When there are special requests by the preacher - such as letting them know you are using - those special requests are explicitly spelled out underneath the sermon link.
- **And Important Note About Editing:** If you want to make changes to the sermon for brevity or contextualization, **you need to reach out to the preachers directly for such editing permission.** Contact information of each of the referenced preachers is at the end of the Sermon section.

The Person You Used to Be

Rev. Seth Carrier-Ladd

<http://www.uuchurchmuncie.org/podcast/rev-seth-carrier-ladd-the-person-you-used-to-be-2/>

The Bigger Yes

Rev. Gretchen Haley

<https://revgretchenhaley.wordpress.com/2014/05/18/the-bigger-yes/>

The Invitation is Always There

Rev. Josh Pawelek

<http://uuse.org/the-invitation-is-always-there/#.YBWngy1h1QI>

On becoming present to ourselves and the here and now.

Be Who You Are

Rev. Peter Friedrichs

<https://www.uucdc.org/services/be-who-you-are/>

The Road Not Taken

Rev. Julie Stoneberg

https://peterboroughunitarian.ca/files/2019/03/The-Road-Not-Taken_190324.pdf

Thin Places

Rev. John T. Morehouse

<https://uwestport.org/sermons/rev-john-t-morehouses-sermons/thin-places-january-29-2017/>

“To go through the thin places you have to let go, if even more a moment, what you “know” to be true...”

Featured Preacher Bios & Contact Information

Rev. Seth Carrier-Ladd

Bio & Contact information: <http://www.uuchurchmuncie.org/about-us/our-ministers/>

Rev. Gretchen Haley

Bio & Contact information: <https://revgretchenhaley.wordpress.com/author/foothillsuu/>

Rev. Josh Pawelek

Bio & Contact information: <http://uuse.org/ministries/rev-joshua-pawlek-biography/#.X-pIFS1h1QI>

Rev. Peter Friedrichs

Bio & Contact information: <https://www.uucdc.org/about/meet-our-minister/>

Rev. Julie Stoneberg

Bio & Contact information: <https://peterboroughunitarian.ca/people/julie-stoneberg/>

Rev. Dr. John T. Morehouse

Bio & Contact Information: <https://uwestport.org/mission-statement/about-our-ministers-2/>

Closing Words

Blessed is the Path **

Eric Williams

Full piece at <https://www.uua.org/worship/words/benediction/blessed-path>
[Permission Source](#)

Blessed is the path on which you travel.
Blessed is the body that carries you upon it.
Blessed is your heart that has heard the call...
Truly blessed is the gift that you will become on the journey...

Full piece in Lifting Our Voices #53 **

Martha Kirby Capo

[Permission Source](#)

Our time together is finished but our work is not done...

Some Day **

Margaret Williams Braxton

Full piece at <https://www.uua.org/worship/words/poetry/some-day>
[Permission Source](#)

...Once upon a time we were
Now we are
And some day (Hallelujah!) we shall surely become.

Go Boldly **

Jean M. Olson

Full piece found at <https://www.uua.org/worship/words/blessing/go-boldly>
[Permission Source](#)

May you be brave enough to expose
your aching woundedness
and reveal your vulnerability...

May you sing the music within you,
composing your own melody,
playing your song with all your heart...

Support

Join the Soul Matters Worship Leader Support Facebook Page:

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

Join the Soul Matters Ministers' Support Facebook Page:

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

Attend one of our two monthly online ministers' brainstorming groups:

First Tuesdays and First Thursdays of each month at 1pm eastern
with this zoom link: <https://zoom.us/j/5857099120>

Attend our monthly online musicians' brainstorming group:

First Tuesdays of each month at 4pm eastern
with this zoom link: <https://zoom.us/j/5857099120>

Inspiration

Our Facebook Inspiration Page:

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

Our Instagram Page:

Find us as "soul_matters_circle"

Music Playlists:

Click [here](#) for links to the [Spotify playlists](#) for each month.

Click [here](#) to check out the [YouTube playlists](#).



Soul Matters

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<https://www.soulmatterssharingcircle.com>