



Soul Matters

Living with Intention



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About Online Permissions, Multi-Platform Support & Referencing Resources

This is a year of transition and trying new things for all of us. As we cautiously shift back towards in-person worship, most of us will likely continue with some form of online worship, whether that be offering an online service simultaneously, posting the recordings of our in-person services online or some other hybrid innovation.

To support these various kinds of multi-platform worship, we are continuing our practice of researching material that is permissioned for online use. We will identify those online permissioned pieces with an asterisk and add “permission notes” to document and clarify the source of that permission. The use of the single asterisk indicates that that piece is permissioned for use in online service, including those recorded pieces posted on your social media outlets and webpages. If permission is more limited than that we will explicitly make a note about it.

(Note: last year we used a one asterisk and two asterisks system to differentiate between use in unrecorded online services and recorded/posted services. Our experience is that this distinction is no longer relevant because virtually all writers are permissioning for both live and recorded/posted material. Thus our switch to only one asterisk. If we find that someone only allows non-recorded/posted permissions, we will explicitly note that in the permission comments.)

A Reminder About Partial Texts and “Pointing not Publishing”: To honor legal and relational standards, we do not include the full pieces of authors’ works unless we’ve received explicit permission to do so. We want all subscribers to clearly understand that our worship packets are *research* packets not *publications*, which means we focus on “*pointing*” to where you can find fair use and publicly available pieces, rather than on “*publishing*” original writings and full resources. Our main service is theme-based *curation* and *research*, done in the service of saving professional’s time.

A Note About Author Titles: Many of the authors we refer to are ministers. Some ministers prefer to be credited with their title “Rev.”, others don’t, and still others are fine either way. Our practice is to follow whatever practice was used in the source material we reference.

Calendar Connections

January 2022

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

Interfaith:

- [Twelfth Night](#) (Christian) - [Jan. 5](#)
- [Epiphany](#) (Christian) - Jan. 6
- [World Religion Day](#) (Baha'i) - Jan. 16, 2022 (more found [here](#) and [here](#))
- [Tu BiShevat](#) (Jewish) - Jan. 16 -17, 2022 (more [here](#) and [here](#) and [here](#))

Unitarian Universalist:

- [Thirty Days of Love](#) - Side with Love Campaign - Jan.15 - Feb.14
- [Millard Fillmore's](#) Birthday - Jan. 7, 1800 (Unitarian President; on his contradictions [here](#) & [here](#))
- [Joseph Tuckerman's](#) Birthday - Jan. 18 (1778) (more [here](#))

National & Cultural:

- [New Year's Day](#) - Jan.1
- The Emancipation Proclamation issued by President Abraham Lincoln - Jan. 1 (1863)
- MLK, Jr. Day - Jan. 21 (connections [here](#) and [here](#))
- [Rowe vs. Wade](#) Anniversary - Jan. 22 (more [here](#))
- International Holocaust ([Shoah](#)) [Remembrance Day](#) - Jan. 27 (more [here](#) and [here](#))

For Fun and On the Fringe:

- [National Hug Day](#) - Jan.21
- [I'm Not Going To Take it Anymore](#) Day - Jan. 7th
- Birthday of [Thomas Merton](#) - Jan. 31 (1915) (more [here](#) and [here](#))
- [Belly Laugh Day](#) - Jan. 24 (more [here](#) and [here](#))

Chalice Lightings & Opening Words

On The Brink Of An Intentional New Year *

Lois Van Leer

Full piece found at <https://www.uua.org/worship/words/chalice-lighting/brink-new-year>

[Permission Source](#)

...To live Life fully anew

May we move forward with intention.

Sacred *

Robin F. Gray

Found at <https://www.uua.org/worship/words/chalice-lighting/sacred>

[Permission Source](#)

The Promise and the Practice: Chalice Lighting #1 *

Rebekah Savage

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

[Permission Source](#)

...This chalice shines a light on our shared past,
signaling our intention to listen deeply, reflect wisely,
and move boldly toward our highest ideals.

Be About the Work *

Andrea Hawkins-Kamper

Full piece found at <https://www.uua.org/worship/words/closing/be-about-work>

[Permission Source](#)

May we be the ones to make it as it should be..

This is the work we are called to do, and this is the call we answer now...

To be a people of intention and a people of conscience.

Intentions and Trust

Amy Loyd

Full piece found at <https://lifeacousticandamplified.wordpress.com/2013/04/11/intentions/>

Today I want to greet joy

Without a trace of suspicion

I want to open my eyes to the light

Without a blink of dread...

We Are Called?

Rev. Natalie Fenimore

Full piece found in [Voices from the Margins](#), a UUA meditation manual & Soul Matters "[Common Shelf](#)" Book

Not permissioned for online use

We are all called...

What will we choose? How will we answer?

Meditations, Prayers & Blessings

Make Me a Channel (Instrument) of Thy Peace, St. Francis of Assisi *

Pause after each of the phrases of the opening section; before reading invite listeners to use that pause to reflect how they can intentionally let in each hope more deeply into their lives.

Found at <https://www.uua.org/worship/words/prayer/peace-prayer>
[Permission Source](#)

My High Resolve, Howard Thurman

To turn into a more effective meditation, we recommend you change the singular pronouns to plural.

“Keep fresh before me the moments of my high resolve. Despite the dullness and barrenness of the days that pass, if I search with due diligence, I can always find a deposit left by some former radiance. But I had forgotten. At the time it was full-orbed, glorious, and resplendent. I was sure that I would never forget. I had forgotten how easy it is to forget. There was no intent to betray what seemed so sure at the time. My response was whole, clean, authentic. But little by little, there crept into my life the dust and grit of the journey. Details, lower-level demands, all kinds of cross currents -- nothing momentous, nothing overwhelming, nothing flagrant -- just wear and tear. If there had been some direct challenge -- a clear-cut issue -- I would have fought it to the end, and beyond. In the quietness of this place, surrounded by the all-pervading Presence of God, my heart whispers: Keep fresh before me the moments of my High Resolve, that in fair weather or in foul, in good times or in tempests, in the days when the darkness and the foe are nameless or familiar, I may not forget that to which my life is committed.”

Even This Is Enough, Rev. Vanessa Southern *

On intentionally putting aside all the expectations and letting ourselves rest.

Full prayer at <https://www.uua.org/worship/words/prayer/even-enough>
[Permission Source](#)

The world won't stop spinning on her axis if you don't rise to all occasions today.
Love won't cease to flow in your direction,
your heart won't stop beating...
Rest, if you must, then, like the swimmer lying on her back who floats...

In Quietness, Maryell Clearly

Found in Rejoice Together (pg.50), a UUA worship resource & Soul Matters “Common Shelf” Book

“Knowing that we do not always live up to our best expectations of ourselves, let us in quietness seek the good within...”

A Prayer of Good Intention, author unknown

Dear Lord, So far I've done all right. I haven't gossiped, haven't lost my temper, haven't been greedy, grumpy, nasty, selfish, or overindulgent. I'm really glad about that.
But in a few minutes, God, I'm going to get out of bed.
And from then on, I'm going to need a lot more help.

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. Monthly online musicians' brainstorming group:** We meet on the first Tuesday of each month at 6pm eastern time. To join the call use this Zoom link: <https://us02web.zoom.us/j/5857099120>. No pre-registration necessary. Just come as you are able.
- 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.
- 4. NEW! An additional Resource Guide** containing suggestions for public domain sources, free music sources, sheet music purchase sites, etc. This is a living doc and will be updated monthly. Any additional helpful suggestions/resources can be submitted to: [Soul Matters Music](#)
- 5. Recordings of all of our monthly music brainstorming calls** are available [here](#).
- 6. 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.
- 7. 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](#).

Suggestions For January 2022 - *Living with Intention*

from Soul Matters Music Resources Coordinator, [Molly J. Webster](#)

Hymns: Singing the Living Tradition - permissioned

All of the hymns listed below have permissions for in-person performance, live streaming and online recording/archiving, assuming you have legally obtained copies of the UU hymnals and unless otherwise noted. ([Permission Source](#))

16 - 'Tis a Gift to be Simple
89 - Come, My Way, My Truth, My Life
95 - There is More Love Somewhere
118 - This Little Light of Mine
121 - We'll Build a Land
124 - Be That Guide
131 - Love Will Guide Us
138 - These Things Shall Be
143 - Not in Vain the Distance Beacons

149 - Lift Every Voice and Sing
153 - Oh, I Woke Up this Morning
157 - Step by Step the Longest March
165 - When Windows that are Black and Cold
179 - Words that We Hold Tight
183 - The Wind of Change Forever Blown
184 - Be Ye Lamps Unto Yourselves
288 - All Are Architects
292 - If I Can Stop One Heart From Breaking
345 - With Joy We Claim The Growing Light
346 - Come, Sing a Song with Me
348 - Guide My Feet
351 - A Long, Long Way the Sea-Winds Blow
352 - Find a Stillness
361 - Enter, Rejoice, and Come In
368 - Now Let Us Sing
399 - Vine and Fig Tree

Hymns: Singing the Journey - permissions needed

The following permissions are needed if using in streaming/hybrid/online recorded services

- 1011 - Return Again (Words/Music: Tucker and Latifi, LLP/Nashema Carlebach, CCS or make donation within your means by [emailing](#).)
- 1013 - Open My Heart (please inform of use via [email](#).)
- 1015 - I Know I Can (Give credit: Jeannie Gagne)
- 1017 - Building a New Way (permission granted through COVID crisis; when a recording is posted, please include song-writing credit to Martha Sandefer)
- 1027 - Cuando el Pobre (words and music: Oregon Catholic Press, One License)
- 1030 - Siyahamba (Walton Music Corp., One License)
- 1048 - Ubi Caritas (to show printed music: G.I.A. Publications, One License)
- 1052 - The Oneness of Everything (make donation on [Jim's website](#))
- 1054 - Let this be a House of Peace (make a donation on [Jim's website](#).)
- 1060 - As We Sing of Hope and Joy (Seafarer Press, One License)
- 1074 - Turn the World Around (words & music: Next Decade Entertainment, CCS)

Hymns: Singing the Journey - permissioned

All of the hymns listed below have permissions for in-person performance, live streaming and online recording/archiving, assuming you have legally obtained copies of the UU hymnals and unless otherwise noted. ([Permission Source](#))

- 1000 - Morning Has Come (must own hymnal)
- 1008 - When Our Heart is in a Holy Place
- 1009 - Meditation on Breathing
- 1020 - Woyaya
- 1028 - Fire of Commitment (must own hymnal)
- 1031 - Filled with Loving Kindness
- 1037 - We Begin Again Love
- 1055 - How Sweet the Darkness (must own hymnal)
- 1058 - Be Ours a Religion

Hymns: Singing the Living Tradition - permissions needed

The following permissions are needed if using in streaming/hybrid/online recorded services

- 6 - Just as Long as I Have Breath (Permission granted if written credit is given as follows: "Lyrics by Alicia S. Carpenter, c. 1981; used with permission of The Estate of Alicia Carpenter".)
- 20 - Be Thou My Vision (Harmony: Abingdon Press, One License)
- 34 - Though I May Speak with Bravest Fire (Hope Publishing, One License)
- 36 - When in Our Music (Hope Publishing, One License)
- 55 - Dark of Winter (Donate to Heritage [UU Church in Cincinnati](#), choir or children's music program)
- 159 - This is My Song (Arrangement: Westminster John Knox Press, One License)
- 175 - We Celebrate the Web of Life (Written credit as follows: "Lyrics by: Alicia S. Carpenter, © 1990; used with the permission of The Estate of Alicia Carpenter")
- 205 - Amazing Grace (Abingdon Press, One License)
- 208 - Every Time I Feel the Spirit (adaptation/arrangement by United Methodist Publishing House; One License)
- 298 - Wake, Now, My Senses (Harmony: Abingdon Press, One License)
- 299 - Make Channels for the Streams of Love (Music & Harmony: J. Fischer Bros., One License)
- 300 - With Heart and Mind (Written credit as follows: "Lyrics by: Alicia S. Carpenter, © 1990; used with the permission of The Estate of Alicia Carpenter")
- 303 - We Are the Earth (no word changes allowed)
- 314 - We Are Children of the Earth (Written credit as follows: "Lyrics by: Alicia S. Carpenter, © 1990; used with the permission of The Estate of Alicia Carpenter")
- 318 - We Would Be One (Arrangement: Westminster John Knox Press, One License)
- 328 - I Sought the Wood in Summer (music: Hope Publishing Co., One License)
- 344 - A Promise Through the Ages Rings (Written credit as follows: "Lyrics by: Alicia S. Carpenter, © 1990; used with the permission of The Estate of Alicia Carpenter")
- 354 - We Laugh, We Cry (Donate to Heritage [UU Church in Cincinnati](#), choir or children's music program)
- 360 - Here We Have Gathered (Written credit as follows: "Lyrics by: Alicia S. Carpenter, © 1990; used with the permission of The Estate of Alicia Carpenter")
- 370 - All People That on Earth Do Dwell (Written credit as follows: "Lyrics by: Alicia S. Carpenter, © 1990; used with the permission of The Estate of Alicia Carpenter")
- 391 - Voice Still and Small (must sing "dark and rain" NOT "storm and rain")
- 404 - What Gift Can We Bring (Hope Publishing, Co., One License)
(Written credit as follows: "Lyrics by: Alicia S. Carpenter, © 1990; used with the permission of The Estate of Alicia Carpenter") (Written credit as follows: "Lyrics by: Alicia S. Carpenter, © 1990; used with the permission of The Estate of Alicia Carpenter")
- 408 - Wonder of Wonders (Hope Publishing, Co., One License)

Contemporary Suggestions - permissions needed

If you are streaming your services/are hybrid, please note that all copyright permissions are your responsibility to obtain**

- *When You Wish Upon a Star* - Leigh Harline
- *When You Believe* from *Prince of Egypt* - Schwartz, Zimmer, Babyface
- *The Climb* - Miley Cyrus
- *All I Know So Far* - Pink
- *Believer* - Imagine Dragons
- *Fly Away* - Tones and I
- *Roar* - Katy Perry
- *Fight Song* - Rachel Platten
- *Breakaway* - Kelly Clarkson
- *100 Years* - Five for Fighting

Many of the above songs can be found on JWPepper, MusicNotes.com and the Chords/Tabs for most of the above can be found here:

[Ultimate Guitar](#)

[Ukulele Chords/Tabs - Free to Transpose](#)
[Chordify](#)

Choral/Vocal

All listed music can be found on [JWPepper](#) and can be located by following the link or searching by title.

- [Nia \(Purpose\) - SATB - Glenn Burleigh](#)
- [Ella's Song - SATB - B. Reagon](#)
- [How Can I Keep from Singing - SATB, SSAA, TTBB - Gwentyth Walker](#)
- [Beautiful Morning - Juneau - SATB Divisi](#)
- [I Find My Feet Have Further Goals - SATB- Libby Larsen](#)
- [The Land of Beyond - SATB - Rollo Dillworth](#)
- [The Defining Moment - SATB, SAB, SSA, 2part - PinkZebra](#)
- [Show Us How to Love - Mark Miller Solo - Show Us How to Love - SATB - Mark Miller](#)
- [More Love - SAB/2part - Mark Miller](#)
- [May I Be Filled - Mark Miller](#)
- [I Choose Love - SATB - Mark Miller](#)
- [Cover the World with Love - 3part, 2part - Jerry Estes](#)
- [We Are One - SATB - R. Cohen](#)
- [When I Sing - 3part treble/SSA - Rosephanye Powell](#)
- [If Wishes Had Wings - 2part - Caldwell/Ivory](#)
- [There Has to be a Song - SATB, SA - Andrea Ramsey](#)
- [If - SATB, TBB - Linda Spevacek](#)
- [Dreams - SATB - Aaron J. Fisher](#)
- [Simple Gifts - SATB, SSA, SAB - Arr. Jay Althouse](#)
- [My Purpose - SATB, 3part - Jill Gallina](#)

Instrumental/Handbell:

- [Meditation - 2va - Hale](#)
- [Morning Thoughts - 3 or 4va - Karl Kay](#)
- [Unity and Harmony - 3-5va - Ron Mallory](#)
- [Simple Gifts - 3va - Lloyd Larsen](#)

Music for Online Worship from UUA

The following videos may be used in online and recorded worship services by Unitarian Universalist congregations. The music that follows does not require additional permission for online use (see sidebar). However, be sure to provide full attribution to the composers and lyricists on your screens, not just verbally, for each piece that you incorporate into worship.

These videos are intended to lighten the burdens imposed by online worship. They should not be used to justify decreasing the wages or positions of professional music staff. ([Permission Source](#))

- ["Filled with Loving Kindness," \(Vimeo\)](#) a version of the Buddhist Metta
- (lovingkindness) prayer, as taught, sung, and accompanied by [Mark David Buckles](#). "May I (*you, we, all) be filled with loving kindness; may I* be well. May I* be peaceful and at ease; and may I* be happy."
- ["For All That Is Our Life \(YouTube\)"](#) (#128 in *Singing the Living Tradition*; music by Patrick L. Rickey, words by Bruce Findlow). Piano and singing by [Jess Huetteman](#).
- ["Now Let Us Sing" \(YouTube\)](#) (#368 in *Singing the Living Tradition*; anonymous). Taught and sung by Rev. Suzelle Lynch.
- ["Dona Nobis Pacem" \(YouTube\)](#) (#388 in *Singing the Living Tradition*; traditional Latin canon). Singing by [Jess Huetteman](#), Chelsea Sardoni, and Morayo Akande.

But Wait, There's (a little) More...

Please see individual citation preferences/donation opportunities.

Many, many thanks to Sharon Scholl for her ongoing generosity in the sharing of her talent with us all -

[Intentions](#)

- Sharon Scholl - www.freeprintmusic.com - Sharon would love to hear back from you about any music you download and use. Please contact Amanda Udis-Kessler at amanda@amandaudiskessler.com to reach Sharon. Amanda will pass along your messages and contact information.

Extra, Extra!!!

Read All About: Some ways in which [the LGBTQ Community has Influenced the Music Industry](#) - this is a SongTrust blog written by Allison Palum - "we want to celebrate the intersectionality of the LGBTQ+ community and highlight some songwriters and artists throughout history that have expanded visibility inside of and outside of the queer community."

Stories For All Ages

New Shoes by Susan Lynn Meyer (Author), Eric Velasquez (Illustrator)*

Book: [HERE](#)

Video: <https://www.youtube.com/watch?v=-G45QZmHxlg> (start at :46)

Online Permission Note: *Holiday House Publishers has authorized its books for online use as long as you follow their specific use guidelines found [HERE](#). Just scroll down to the section titled “Holiday House”*

We are Water Protectors by Carole Lindstrom (Author), Michaela Goade (Illustrator)*

Video: <https://www.youtube.com/watch?v=CD8shbwrK40>

Book: [HERE](#)

Online Permission Note: *MacMillan Book Publishers, which owns Roaring Brook Press, has authorized its books for online use as long as you follow their specific use guidelines found [HERE](#). Just scroll down to the section titled “MacMillan Books.”*

Higgins, A Drop with a Dream by Rev. Christopher Buice*

Video by Halcyon Domanski: <https://www.youtube.com/watch?v=urv7D3cwmmM>

Story Online in Worship Web: <https://www.uua.org/worship/words/reading/higgins>

Online Permission Note: *Worship Web material has been authorized for online use. See “[Permission Source](#).” Video shared with permission from Halcyon Domanski, Director of Faith Development, Each Shore UU Church.*

Beautiful Oops by Barney Saltzberg.

Video with Song: <https://www.youtube.com/watch?v=2fZjMYdQjGM>

Book: <https://www.amazon.com/Beautiful-Oops-Barney-Saltzberg/dp/076115728X>

Online Permission Note: *Workman Books has not publicly shared direction about online use, so you will need to make your own judgement call about use of this story. For help thinking through that see our Soul Matters document: [Copyright Guidance for Online Story Reading](#).*

Lea’s Story: The Cricket and the Coins*

Video with Song: <https://www.youtube.com/watch?v=Nz2Rzzt18p4>

More about our video story and song project with Lea Morris...

The Soul Matters Team is thrilled about this year’s creative collaboration with Lea Morris. Each month Lea tells one of our selected & theme-based wisdom tales and then shares a reflection & song inspired by that story.

As with all ten of the videos Lea is creating, the purchase price per video is \$20.

With your purchase comes the **following usage rights:**

- *Playing the video in online and in-person worship services (including recorded services)*
- *Playing the video in online and in-person children’s religious education programs/presentations (including ones that are recorded and posted online)*
- *Sending out a link to the video to parents so they can watch it with their children at home as part of their family spiritual life activities*

Purchase all ten at a lower price: *Follow this link to purchase all ten of Lea’s story/song videos on all ten of our Soul Matters themes at: <https://www.hopesingseternal.me/stories/alltenstorysongs>*

The Wise Teacher's Test as told in Tapestry of Faith, Moral Tales*

"No matter what we do, we always have a part of ourselves that is quietly watching, and that knows right from wrong and can guide us if we listen [and pause.]"

Online Permission Note: *Tapestry of Faith material has been authorized for online use. See <https://www.uua.org/re/tapestry/downloading>*

Zusya, Why Were You Not More Like Zusya? told by Martin Buber

To live with intention takes finding our inner passion and voice.

Online Permission Note: *Online permission could not be found.*

Learning By Heart Sophia Lyons Fahs as told in Tapestry of Faith, Faithful Journeys*

It takes persistence to live with intention.

Online Permission Note: *Tapestry of Faith material has been authorized for online use. See <https://www.uua.org/re/tapestry/downloading>*

The Fisherman and the Businessman as told on Paul Coelho's blog*

When living with intention, be clear about your passion.

Online Permission Note: *There are numerous sources for the parable; choose your favorite version or create a version of your own! Since the story itself is in the public domain, you are free to use and alter it. But be sure to credit a particular source if you use it verbatim or heavily draw on it.*

A Wisdom Story NOT TO USE

[Which Wolf do you Feed](#) (link is to an opinion piece on problems with this story as it is often told, as Native American tale when it is probably a Christian tale)

Sermon Seeds

Angles, Ideas & Twists To Get Your Sermon Started!

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.

Permissions Notes: In addition to the pieces we've noted as permissioned for online use (marked with an asterisk*), you can use the fair use sized quotes and fair use sized portions of longer pieces in your sermons/services. Pay attention to the hyperlinks we include within titles and authors' names; these hyperlinks provide the source material and direction for you to hunt down permissions on your own.

On Intentionally Directing & Rerouting Your Life

Quote - [Annie Lamott](#)

Oh my God, what if you wake up some day and you never got your memoir or novel written; or you didn't go swimming in warm pools and oceans all those years because your thighs were jiggly and you had a nice big comfortable tummy; or you were just so strung out on perfectionism and people-pleasing that you forgot to have a big juicy creative life, of imagination and radical silliness and staring off into space like when you were a kid? It's going to break your heart. Don't let this happen. Repent just means to change direction — and NOT to be said by someone who is wagging their forefinger at you. Repentance is a blessing. Pick a new direction and aim for that. Shoot the moon.

Quote - Ralph Waldo Emerson

A person will worship something, have no doubt about that. We may think our tribute is paid in secret in the dark recesses of our hearts, but it will out. That which dominates our imaginations and our thoughts will determine our lives, and our character. Therefore, it behooves us to be careful what we worship, for what we are worshipping we are becoming.

Quote - Deepak Chopra

Conscious change is brought about by the two qualities inherent in consciousness – intention and attention... Whatever you put your attention on will grow stronger in your life. Whatever you take your attention away from will wither, disintegrate and disappear.

Book - The Power of Habit, Charles Duhigg

How to intentionally change your habits and take back your life.

Quote - Lao Tzu

At the center of your being, you have the answer; you know who you are, and you know what you want.

Quote - [Leslie Jamison](#)

Empathy isn't just something that happens to us—a meteor shower of synapses firing across the brain—it's also a choice we make: to pay attention, to extend ourselves. It's made of exertion, that dowdier cousin of impulse. Sometimes we care for another because we know we should or because it's asked for, but this doesn't make our caring hollow. The act of choosing simply means we've committed ourselves to a set of behaviors greater than the sum of our individual inclinations. This confession of effort chafes against the notion that empathy should always rise unbidden, that genuine means the same thing as unwilling, that intentionality is the enemy of love. But I believe in intention and I believe in work. I believe in waking up in the middle of the night and packing our bags and leaving our worse selves for our better ones.

On Intentionally Not Following the Crowd

Quote - Richie Norton

Intentional living is the art of making our own choices before others' choices make us.

Quote - Rick Warren

Those who follow the crowd usually get lost in it.

Quote - Ann Voskamp

Any dead fish can go with the flow — you have to be intentionally alive to swim against the current.

Quote - Marion Milner, quoted in [A Life of One's Own](#)

I had at least begun to guess that my greatest need might be to let go and be free from the drive after achievement — if only I dared. I had also guessed that perhaps when I had let these go, then I might be free to become aware of some other purpose that was more fundamental, not self-imposed private ambitions but something which grew out of the essence of one's own nature. People said: 'Oh, be yourself at all costs.' But I had found that it was not so easy to know just what one's self was. It was far easier to want what other people seemed to want and then imagine that the choice was one's own... It was only when I was actively passive, and content to wait and watch, that I really knew what I wanted.

Quote - [Dawna Markova](#)

When you have the courage to shape your life from the essence of who you are, you ignite, becoming truly alive. This requires letting go of everything that is inauthentic. But how can you even know your truth unless you slow down, in your own quiet company? When the inner walls to your soul are graffitied with advertisements, commercials, and the opinions of everyone who has every known and labeled you, turning inwards requires nothing less than a major clean-up.

Dead Poets Society - Conformity

<https://www.youtube.com/watch?v=E8BYDK9JX5E>

Poem - Famous, Naomi Shihab Nye

<https://poets.org/poem/famous>

On the Intention to Change the World

Today I'm Gonna Try and Change the World

https://www.youtube.com/watch?v=ccm_6HwIUbs

Turning Mass Intention Into Mass Action

Todd Rogers

<https://www.youtube.com/watch?v=Fn82cNy52a4>

The three secrets of turning intention into action: making a plan, applying peer pressure and reinforcing identity!

Prayer - Prayer of St. Francis

Text at <https://www.ewtn.com/catholicism/devotions/prayer-of-st-francis-837>

Put to song by Sarah McLachlan: <https://www.youtube.com/watch?v=agPnMxp5O0c>

Reflection - Are We Living in a Post-Racial World Yet? Rev. Xolani Kacela

Found in Voices From the Margins, a UUA worship resource & Soul Matters "Common Shelf" Book

On Intention and Courage

Quote - Abraham Maslow

In any given moment we have two options, to step forward in growth or to step back into safety.

Poem - Intentions and Trust, Amy Loyd

Full poem at <https://lifeacousticandamplified.wordpress.com/2013/04/11/intentions/>

Today I want to greet joy
Without a trace of suspicion
I want to open my eyes to the light
Without a blink of dread...
That's my intention
It's what I want

Poem - I Will Not Die an Unlived Life, Dawna Markova

Full poem at https://www.awakin.org/read/view.php?tid=552&utm_source=pocket_mylist

I will not die an unlived life...
I choose to inhabit my days,
to allow my living to open me...

On Goals vs. Intentions

Article - The Heart's Intention, Phillip Moffitt

<https://dharmawisdom.org/the-hearts-intention/>

Quote - Phillip Moffitt

With goals, the future is always the focus: Are you going to reach the goal? Will you be happy when you do? What's next? Setting intention, at least according to Buddhist teachings, is quite different than goal making. It is not oriented toward a future outcome. Instead, it is a path or practice that is focused on how you are "being" in the present moment. Your attention is on the ever-present "now" in the constantly changing flow of life. You set your intentions based on understanding what matters most to you and make a commitment to align your worldly actions with your inner values... Goals help you make your place in the world and be an effective person. But being grounded in intention is what provides integrity and unity in your life... What would it be like if you didn't measure the success of your life just by what you get and don't get, but gave equal or greater priority to how aligned you are with your deepest values?

Quote - Katie Covey, Soul Matters Dir. of RE Resources

Here's what I discovered. Intention is different from setting goals or resolutions in that it "pulls us into" who we truly are. Goals and resolutions "push us out" into future possibilities. To set intentions, we must listen to our inner voice which tells us who we truly are.

Quote - Lao Tzu

At the center of your being, you have the answer; you know who you are, and you know what you want.

On Good Intentions

Article - Intent vs. Impact: Why Your Intentions Don't Really Matter, Jamie Utt

<https://everydayfeminism.com/2013/07/intentions-dont-really-matter/>

Article - Racial Bias, Even When We Have Good Intentions

"...Ugly pockets of conscious bigotry remain in this country, but most discrimination is more insidious. The urge to find and call out the bigot is powerful and doing so is satisfying. But it is also a way to let ourselves off the hook. Rather than point fingers outward, we should look inward — and examine how, despite best intentions, we discriminate in ways big and small."

Article - Brené Brown Top Tip: Assume Others Are Doing The Best They Can

<https://www.thegrowthfaculty.com/blog/BrenBrowntoptipassumeothersaredoingthebesttheycan>

"It turns out that we assume the worst about people's intentions when they're not respectful of our boundaries. It's easy to believe that they are trying to disappoint us on purpose..."

Article - "But I didn't mean it!" Why it's so hard to prioritize impacts over intents

<https://blogs.scientificamerican.com/psysociety/e2809cbut-i-didne28099t-mean-ite2809d-why-ite28099s-so-hard-to-prioritize-impacts-over-intents/>

"I want to be very clear that I agree with the importance of emphasizing impact over intent. I also recognize the fact that no one is claiming this process of learning to focus on impact (vs. intent) is supposed to be easy. I have never heard anyone allege that this process is supposed to come naturally to people. However, there's a fundamental issue in this "intent vs. impact" distinction. Pitting intent versus impact presumes that the two are orthogonal -- when, in fact, they very much are not..."

Sermon - Intent vs. Impact: Resolutions for a New Year

Rev. David A. Miller

<https://uucf.org/intent-vs-impact-resolutions-new-year/>

Sermon - Intention and Impact, Rev. Dr. Cynthia L. Landrum

<https://libertyuu.org/services/intention-and-impact/>

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On Intentionally Simplifying Our Lives

How To Simplify Your Life

<https://www.youtube.com/watch?v=7IECIsRif10&t=159s>

On the need to intentionally create a quieter life

Quote - Joshua Becker

Own less stuff. Enjoy more freedom. It really is that simple.

Quote - Wendell Berry

"A change of heart or of values without a practice is only another pointless luxury of a passively consumptive way of life."

On Intentionally Making Mistakes

Quote - My New Year Wish, Neil Gaiman

From <http://journal.neilgaiman.com/2011/12/my-new-year-wish.html>

I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something. So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life. Whatever it is you're scared of doing, Do it. Make your mistakes, next year and forever.

On Intention and Church

Quote - S. Kelley Harrell

Sacred space” is another way of saying “with intention.”

Quote - Rev. A. Powell Davies, Unitarian Minister

Let me tell you why I come to church. I come to church—and would whether I was a preacher or not—because I fall below my own standards and need to be constantly brought back to them. I am afraid of becoming selfish and indulgent, and my church—my church of the free spirit—brings me back to what I want to be. I could easily despair; doubt and dismay could overwhelm me. My church renews my courage and my hope. It is not enough that I should think about the world and its problems at the level of a newspaper report or magazine discussion. It could too soon become too low a level. I must have my conscience sharpened—sharpened until it goads me to the most thorough and responsible thinking of which I am capable. I must feel again the love I owe to others. I must not only hear about it but feel it. In church, I do. I am brought toward my best, in every way toward my best.

Liturgy - The Purpose of This Community is to Help Its People Grow, Erik Walker Wikstrom *

Full piece at <https://www.uua.org/worship/words/closing/if-you%20are-who-you-were>
[Permission Source](#)

if none of us has changed
since the day we came in here—
we have failed...
The purpose of this community...
is to help its people grow...
So may you go forth from here this morning
not who you were,
but who you could be.

Quote - [Kurt Vonnegut](#)

“In the beginning, God created the earth, and he looked upon it in His cosmic loneliness. And God said, “Let Us make living creatures out of mud, so the mud can see what We have done.” And God created every living creature that now moveth, and one was man. Mud as man alone could speak. God leaned close to mud as man sat up, looked around, and spoke. Man blinked. “What is the purpose of all this?” he asked politely. “Everything must have a purpose?” asked God. “Certainly,” said man. “Then I leave it to you to think of one for all this,” said God. And He went away.”

Quote - [Homebrewed Christianity](#)

We prepare the children before they go in [to Children's church] with the expectations as to what it means to enter that space: 'Are you ready to be with God?' They take their shoes off, and they look you in the eye, and if they say 'No.' then they can wiggle out in the hall until they're ready, and when they say 'Yes' they're expected to take a seat and listen and participate. ...Oh, I would love to start church that way. ...we haven't really trained people on how do you help people prepare to be in a worshipful state of mind. There is more attention to that in a yoga session than there is in worship. People will come and be present, and do some breathing, and prepare themselves to be in their bodies and fully present to what's happening in yoga more than they would in a worship service. In my opinion, in the many thousands of worship services I have attended in my life, very few start with 'setting an intention.'

Miscellaneous

Anecdote/Story - We are three; You are three

<https://www.youtube.com/watch?v=9tfDJDGi-JY&t=127s>

From Wise Intention: the Compass of Our Hearts (Part 1A) - Tara Brach, *from minute 0:00 - 1:50*

Talk - Wise Intention: the Compass of Our Hearts (Part 1A), Tara Brach

<https://www.youtube.com/watch?v=9tfDJDGi-JY&t=127s>

On how our ego-based intentions perpetuate thoughts, feelings and actions keep us imprisoned.

Talk - Wise Intention: the Compass of Our Hearts (Part 1B) - Tara Brach

https://www.youtube.com/watch?v=ri_yIHouBkQ

On how to find our deepest intention, that voice that is calling us home.

Reflection - Todd Henry

Full piece at <https://www.awakin.org/read/view.php?tid=2367>

The most valuable land in the world is the graveyard. In the graveyard are buried all of the unwritten novels, never-launched businesses, unreconciled relationships, and all of the other things that people thought, 'I'll get around to that tomorrow.' One day, however, their tomorrows ran out."

That day I went back to my office and I wrote down two words in my notebook and on the wall of my office that have been my primary operating ethic for the last several years: Die Empty. I want to know that if I lay my head down tonight and don't wake up tomorrow, I have emptied myself of whatever creativity is lingering inside.... This doesn't happen by accident; it takes intentional and sustained effort...

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 check out the following specialty packet:

Honoring Martin Luther King Jr.

We have assembled a resource packet that includes inspiration and source material from the work of Dr. King. The vast majority of the over 35 pages of material includes over 80 quotes from Dr. King, as well as many curated selections from his speeches and sermons. It also includes a variety of articles focused on his work and vision, liturgy and many sermon seeds. You can purchase this packet on our Special Worship Packets page on our website: <https://www.soulmatterssharingcircle.com/special-worship-packets.html>

Recommended Sermons

Notes about 2021-22 sermon recommendations:

- **We mostly list written scripts:** In order not to undermine UU preachers who depend on live and online guest preaching income for their livelihood, we mainly focus on sharing sermon texts (and sometimes audio clips), but not videos.
- **Permissions Secured:** 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. **However, to be extra cautious and in good relationship, we ask that you reach out to the minister to let them know you are planning to use their sermon, also asking if they have any particular requests or guidance for how to do that.**
- **An 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.

Today I Want to Greet Joy

Rev. Clare L. Petersberger

<https://static1.squarespace.com/static/597f797ce58c6268ebdad71c/t/5a8e285f8165f569cbfb49bb/1519265887765/01212018TodayIWanttoGreetJoy.pdf>

With Our Intentions Aligned

Rev. Julie Stoneberg

http://peterboroughunitarian.ca/files/2018/01/Intentions_Aligned_180114.pdf

Intent vs. Impact: Resolutions for a New Year

Rev. David A. Miller

<https://uucf.org/intent-vs-impact-resolutions-new-year/>

Be Who You Are

Rev. Peter Friedrichs

<https://www.uua.org/worship/words/sermon/184363.shtml>

Featured Preacher Bios & Contact Information

Rev. Clare L. Petersberger

Bio & Contact info: <https://www.towsonuuc.org/minister>

Rev. Julie Stoneberg

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

Rev. David A. Miller

Bio & Contact info: <https://uucf.org/miller/>

Rev. Peter Friedrichs

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

Closing Words

Each Day, from Always We Begin Again

John MCQuiston II

Full piece at <http://www.monasteriesoftheheart.org/my-first-post>

At the beginning of each day, after we open our eyes to receive the light of that day,
As we listen to the voices and sounds that surround us,
We must resolve to treat each hour as the rarest of gifts...
Every day carries the potential to bring the experience of heaven;
Have the courage to expect good from it...

The Purpose of This Community is to Help Its People Grow *

Erik Walker Wikstrom

Full piece at <https://www.uua.org/worship/words/closing/if-you%20are-who-you-were>
[Permission Source](#)

if none of us has changed
since the day we came in here—
we have failed...
The purpose of this community...
is to help its people grow...

Prayer for Living in Tension

Rev. Joe Cherry

Full piece found in [Voices from the Margins](#), a UUA meditation manual & Soul Matters "[Common Shelf](#)" Book
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Be About the Work - Andrea Hawkins-Kamper *

<https://www.uua.org/worship/words/closing/be-about-work>
[Permission Source](#)

...This is the work we are called to do, and this is the call we answer now: ...
To be the living embodiment of our Principles,
To be about the work of building the Beloved Community,
To be a people of intention and a people of conscience.

The Daring of Our Intentions*

Rev. Scott Tayler

[Permission secured from Soul Matters](#)

May we dare to live from the center of our being.
May we make our own choices before others' choices make us*
May the fire that burns in our belly light our way.
May our collective intention make the world shine anew.

**From a quote by Richie Norton*

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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Learn how to join at

<https://www.soulmatterssharingcircle.com>