



Soul Matters

Widening the Circle

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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

February 2022

Interfaith:

- [Nirvana Day](#)/Parinirvana Day -Buddha's entry into Nirvana (Buddhist) - celebrated on Feb. 8 by some but by most on the 15 February.

Unitarian Universalist:

- Fannie Barrier Williams' [birthday](#) - Feb. 12 (1855)
- Susan B. Anthony's [birthday](#) - Feb. 15 (1820) (more [here](#); On her complex relationship to racism: [here](#), [here](#) and [here](#).)
- [Thirty Days of Love](#) - Side with Love Campaign - Jan.15 - Feb.14
- [The Edict of Torda](#) is issued - Feb. 18 (1568)

National & Cultural:

- [Black History](#) Month (more [here](#))
- Season for [Nonviolence](#) - Jan. 30 - April 4 (more [here](#))
- [Groundhog Day](#) - Feb. 2
- Rosa Parks' birthday - February 4 (1930)
- [Freedom to Marry](#) Day - Feb. 12
- Mardi Gras - Feb. 13
- [St. Valentine's Day](#) - Feb. 14
- Toni Morrison & Audre Lorde's(past) birthday - Feb.18 (more [here](#) and [here](#) and [here](#))
- [President's Day](#) - Feb. 19
- Louis Riel Day (Canada) - Feb. 19 (more here: <http://louisrielday.com/>)
- National Association for the Advancement of Colored People ([NAACP](#)) is founded - Feb. 12 (1909)
- Malcolm X assassinated - Feb 21 (1965), related Netflix series [HERE](#)
- [Trayvon Martin](#) is shot by George Zimmerman - Feb. 26 (2012)

For Fun and On the Fringe:

- International [Darwin Day](#) (Darwin's Birthday) - Feb 12
- Random Acts of [Kindness Day](#) - Feb. 17 (more [here](#))

Chalice Lightings & Opening Words

Toward a Place of Wholeness *

Rev. Viola Abbitt

Full piece at <https://www.uua.org/worship/words/invocation/promise-and-practice-call-worship>
[Permission Source](#)

We are brought here today by the fact that Unitarian Universalism has fallen short of the image that was presented to the world, and to many of those who embraced this religion. But we are also brought here today by the truth that Unitarian Universalism has shifted course to move toward a place of wholeness: a place that perhaps never existed for us as a denomination.

Into the Circle *

Rev. Dr. David Breeden

[Permission secured by Soul Matters](#)

We gather into this circle.
We gather into this circle of care
to dream,
to envision,
to embody and achieve
the compassion we dream,
the justice we envision,
the dignity of each
in an ever-growing
circle of love and justice.

Blessed Are We *

Andrea Hawkins-Kamper

Full piece at https://www.uua.org/worship/words/blessing/blessed-are-we?utm_source=pocket_mylist
[Permission Source](#)

Open to Unexpected Answers *

Rev. Julianne Lepp

[Permission secured by Soul Matters](#)

We seek our place in the world
and the answers to our hearts' deep questions.
As we seek, may our hearts be open to unexpected answers.
May the light of our chalice remind us that this is a community of warmth,
of wisdom,
and welcoming of multiple truths.

We gather together... *

Rev. Michelle LaGrave

[Permission secured by Soul Matters](#)

We gather together.

We arrive

as individuals
as couples
as families
as neighbors
as friends

We got here

by walking
by biking
by riding
by driving
by connecting

We bring with us

our joys and our sorrows
our laughter and our tears
our worries and our fears
our questions and our beliefs
our ethics and our values

Some of us

arrived early this morning
or joined us ten minutes ago
or encountered obstacles on their way
or will arrive just in time for the sermon
or will sign online later this week or even
next month

We

are sitting in pews
leaning on walkers or canes
stretching in the aisles
settling in wheelchairs
and relaxing in recliners

We, members, friends, and visitors alike,
come from many paths
and join together as one congregation,
to lift up our highest ideals.

We have gathered.
Now, let us worship.

Out of the Flames *

Rev. Sara Eileen LaWall

Full piece at

[Permission Source](#) & [Permission secured by Soul Matters](#)

Out of the flames of fear

We rise with courage of our deepest convictions
to stand for justice, inclusion and peace

Out of the flames of scrutiny

We rise to proclaim our faith
With hope to heal a fractured and hurting world

Out of the flames of doubt

We rise to embrace the mystery, wonder and awe
of all there is and all that is yet to be

Out of the flames of hate

We rise with the force of love
Love that celebrates our shared humanity

Out of the flames we rise

The many hoops that made one circle...

[Black Elk](#)

Found [here](#) and in SLT #614

Then I was standing on the highest mountain of
them all, and round about beneath me was the
whole hoop of the world. And while I stood there, I
saw more than I can tell and I understood more
than I saw; for I was seeing in a sacred manner the
shapes of all things in the spirit, and the shape of all
shapes as they must live together like one being.

And I say the sacred hoop of my people was one of
the many hoops that made one circle, wide as
daylight and as starlight, and in the center grew one
mighty flowering tree to shelter all the children of
one mother and one father. And I saw that it was
holy...

Meditations, Prayers & Blessings

Prayer for While in The Struggle *

Rev. Margalie Belizaire

Full prayer at <https://www.uua.org/worship/words/prayer/prayer-while-struggle>

[Permission Source](#)

Spirit, help us to understand that we each have a role in justice work
For our liberations are tied to one another's...
Help us to find our way and commit to it...
Help us to give our all to this
And hold nothing back
For precious lives depend on it...
May we summon the courage to tear down this system of injustice
And get busy creating a "world community with... justice for all."

The Promise and the Practice: Pastoral Prayer #2 *

Viola Abbitt

Full piece at <https://www.uua.org/worship/words/prayer/promise-and-practice-pastoral-prayer-2>

[Permission Source](#)

Let us call upon that light which shines in each of us to give us the strength to walk together into the future and do the work that is necessary, and which does not end here today.
Let us have the wisdom to lovingly have the conversations we need to have with each other, that we must have with each other, in order to grow this faith in radical love and inclusion...

Meditation *

Rev. Michelle LaGrave

[Permission secured by Soul Matters](#)

Breathe in, slowly now, breathe out.
Breathe in, gently now, breathe out.
Listen to your breath.
Listen for another's breath.

Whether you are here, in the sanctuary,
at home, with a family member, or a cat,
or at the local coffee shop,
Listen.

Now, place your hand on your chest
Or do so for another, if they need and want your help.
Again, slowly now, breathe in and breathe out.

Some of us hear with our ears,
the sounds we make, the sounds others make.

Some of us hear with our eyes,
watch lips, and hands, and arms, and body movements.

Some of us hear with our bodies,
feel vibrations in the air and on our skins.

Slowly now, breathe in, breathe out.
Listen in the many ways you know how.

As we breathe together, some of us on our own,
some of us with help,
so, too, do we Live together.

Gently now, breathe in, breathe out.
Breathe out, breathe in.
Together and apart.
We are many and we are one.

Breathe in, breathe out.
Listen, in the many ways you know how
as together we enter into the silence.

[Silence]... Amen and Blessed Be

Prayer for the Morning *

Rev. Audette Fulbright Fulson

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

Get up, child.
Pull your bones upright
gather your skin and muscle into a patch of sun...
tired as you are:
you are not alone...
there are others weeping
and rising...
You belong to them
and they to you
and together,
we will break through...

Belonging

Rosemerry Wahtola Trommer

Full poem found at <https://gratefulness.org/resource/belonging/>

we belong to the grand communion...
we are the dust, the dust that hopes...
the dust that dances in the light
with all other dust, the dust
that makes the world.

A Prayer for White People *

Rev. Ellen Quaadgras

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

We are tender, vulnerable,
Open.
A little more open than usual.

Those of us who are white,
Who, before, might have been distracted
Who, before, might have been too busy
Who, before, might have been preoccupied with our lives,
Are noticing the ways injustice has happened to people of color,
the same way, again and again and again,

Now, we have become aware.
Please, may we be aware.
May we not lose awareness....

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 February 2022 - *Widening the Circle*

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](#))

- | | |
|---------------------------------------------|-----------------------------------------------------------------------|
| 67 - We Sing Now Together | 307 - The Human Touch Can Light the Flame |
| 95 - There is More Love Somewhere | 346 - Come, Sing a Song with Me |
| 110 - Come, Children of Tomorrow | 349 - We Gather Together |
| 121 - We'll Build a Land | |
| 128 - For All That is Our Life | <u>A Few Selections for Black History Month</u> |
| 129 - Let Love Continue Long | 149 - Lift Every Voice and Sing |
| 131 - Love Will Guide Us | 152 - Follow the Drinking Gourd |
| 133 - One World | 153 - Oh, I Woke Up This Morning |
| 147 - When All the People's on This Earth | 155 - Circle Round for Freedom |
| 148 - Let Freedom Span Both East and West | 156 - Oh, Freedom |
| 155 - Circle 'Round for Freedom | 157 - Step by Step the Longest March |
| 160 - Far Too Long by Fear Divided | 162 - Gonna Lay Down My Sword and Shield |
| 188 - Come, Come, Whoever You Are | 168 - One More Step |
| 292 - If I Can Stop One Heart From Breaking | 169 - We Shall Overcome |
| 302 - Children of the Human Race | 170 - We Are a Gentle Angry People (Words & Music: CCS - WorshipCast) |

Hymns: Singing the Living Tradition - permissions needed

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

84 - How Far Can Reach a Smile? (Carl Fischer, Inc., One License)

134 - Our World is One World (music: Hope Publishing Co., One License)

(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")

195 - Let Us Wander Where We Will (Harmony: United Methodist Publishing House, One License)

(Harmony: Abingdon Press, One License)

(Music & Harmony: J. Fischer Bros., One License)

317 - We Are Not Our Own (Music: David Hurd, words: Hope Publishing Co., both - One License)

318 - We Would Be One (Arr. Westminster John Knox Press, One License)

323 - Break Not the Circle (Words: Hope Publishing Co, One License)

325 - Love Makes a Bridge (Words: Hope Publishing Co, One License)

347 - Gather the Spirit (make a donation on [Jim's website.](#))

354 - We Laugh, We Cry (Donate to Heritage [UU Church in Cincinnati](#), choir or children's music program)

358 - Rank by Rank Again We Stand (Music: Oxford University Press, One License)

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")

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](#))

1008 - When Our Heart is in a Holy Place

1023 - Building Bridges

1058 - Be Ours a Religion

Hymns: Singing the Journey - permissions needed

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

1017 - Building a New Way (permission granted through COVID crisis; when a recording is posted, please include song-writing credit to Martha Sandefer)

1021 - Lean on Me (words & music - CCS)

1027 - Cuando el Pobre (words & music - Oregon Catholic Press, 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.](#))

Contemporary Suggestions - permissions needed

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

- *One Love* - Bob Marley
- *Come Together* - The Beatles
- *Imagine* - The Beatles
- *Put a Little Love in Your Heart* - Jackie DeShannon
- *Lean on Me* - Bill Withers
- *Stand By Me* - Ben E. King
- *May the Circle Be Open* - Alice Di Micele
- *We Are a Circle* - Rick Hamouris

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.

- [Draw the Circle Wide - SATB - Mark Miller \(https://www.youtube.com/watch?v=PcIQrWOYug8\)](https://www.youtube.com/watch?v=PcIQrWOYug8)
- [Will the Circle Be Unbroken - SATB, SSAA, TTBB - Arr. J. David Moore](#)
- [Circle - SATB - A. Petker](#)
- [One Love - 3-part, 2-part - Bob Marley, Arr. Brymer](#)
- [Come Together - SATB - Lennon/McCartney, Arr. Rutherford](#)
- [Cover the World with Love - 3part, 2part - Jerry Estes](#)
- [Singing to Bring Us Together - SSA with djembe and shaker - Jim Papoulis](#)
- [We Are One - SATB - R. Cohen](#)
- [There Has to be a Song - SATB, SA - Andrea Ramsey](#)
- [We Shall Overcome - SATB - Arr. Robert T. Gibson](#)
- [Lift Every Voice and Sing - 2-part - Rosamond Johnson, Arr. Rollo Dillworth](#)
- [Lift Every Voice and Sing - SATB Divisi - Rosamond Johnson, Arr. Roland Carter](#)

Instrumental/Handbell

- [Lean On Me - Piano - Bill Withers, Arr. Linn](#)
- [Dr. Martin Luther King Jr. Tribute - 5 - 6va Handbells - E. Laurence](#)
- [Unity and Harmony - 3-5va - Ron Mallory](#)
- [Lift Every Voice and Sing - various instrumental quartet arrangements - Arr. Johnson/Abeling](#)

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](#))

- ["Come, Sing a Song with Me" \(YouTube\)](#) as an animal puppet video (#346 in *Singing the Living Tradition*; music and words by Carolyn McDade). Created by MaryJane Wagner for an intergenerational service.
- [NEW lyrics for "Gather the Spirit" \(YouTube\)](#) (#347 in *Singing the Living Tradition*; music and traditional words by [Jim Scott](#); [new lyrics](#) by Pat Lamanna). note: If you use this video or any of Jim's music, please make a love offering [on his website](#).
- ["Now Let Us Sing" \(YouTube\)](#) (#368 in *Singing the Living Tradition*; anonymous). Taught and sung by Rev. Suzelle Lynch
- ["Lean on Me \(MP4\)"](#) (words & music by Bill Withers; #1021 in *Singing the Journey*). Created by the Minnesota Valley UU Fellowship
- ["We Are Gathered" \(YouTube\)](#), whose text (to a familiar hymn) was written specifically for virtual worship by Amanda Udis-Kessler. Video by video by Jane Clabaugh.
- ["Let Justice Roll Down \(YouTube\)"](#), words & music © [Aileen Vance](#)/Avenida Music, recorded and produced by [Lea Morris](#).
- ["We Will Not Stop Singing" \(YouTube\)](#) written by The Chapin Sisters (Lily & Abigail). Song copyright The Chapin Sisters, published by sad pony music and foggy mountain music (ASCAP). Arranged by Adam Podd, featuring the First Unitarian Brooklyn Choir (w/ Dennis Wees, Kiena Williams, Brandon Hornsby-Selvin, and Candice Helfand-Rogers)

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

Room at the Table, Carrie Newcomer

<https://www.youtube.com/watch?v=92OM5bdQ4N4> ([Lyrics](#))

Chant - Become a whole world, Darlene Franz

<https://wisdomchant.bandcamp.com/track/become-a-whole-world>

Everybody In - Peter Mayer

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

Extra, Extra, Read All About:

In celebration of Black History Month, [read about \(and listen to\)](#) some of the choral composers and arrangers who had a profound impact on the shaping and evolution of American music.

Stories For All Ages

The Good Samaritan as told in **Tapestry of Faith, Moral Tales***

Widen the circle of love and caring.

Online Permission Note: *Tapestry of Faith material has been authorized for online use. See*

<https://www.uua.org/re/tapestry/downloading>

Indra's Magnificent Jeweled Net as told in **Tapestry of Faith, Building Bridges***

When we visualize how interdependent we are, it's easy to widen the circle of love and caring.

Online Permission Note: *Tapestry of Faith material has been authorized for online use. See*

<https://www.uua.org/re/tapestry/downloading>

The King's Highway wisdom tale*

"He who travels the road best is he who makes the road smoother for those who will follow."

Online Permission Note: *author unknown/wisdom tale in the public domain*

Map of the World as told by **Rev. Gretchen Haley***

"I just put the person together, and the whole world fell into place."

Online Permission Note: *Permission secured by Soul Matters*

The Edict of Torda as told in **Tapestry of Faith, A Place of Wholeness***

"The Edict of Torda was one of the earliest expressions by a European government affirming people's right for religious freedom."

Online Permission Note: *Tapestry of Faith material has been authorized for online use. See*

<https://www.uua.org/re/tapestry/downloading>

The Platinum Rule as found in the **INC. article by Peter Economy**

When widening the circle, how you want to be treated is not as important as how the other person wants to be treated.

Online Permission Note: *not indicated.*

The Three Wise Women *

Rev. Meg Mathieson

<https://meganmathieson.weebly.com/three-wise-women.html>

https://meganmathieson.weebly.com/uploads/9/3/5/7/93577834/the_three_wise_women.pdf

Permission granted to Soul Matters by author and [here](#)

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.

On Widening Our Sense of Self

Poem - [Widening Circles](#), Rainer Maria Rilke, Translated by Joanna Macy

Listen

I live my life in widening circles
that reach out across the world.
I may not complete this last one
but I give myself to it.

I circle around God, around the primordial tower.
I've been circling for thousands of years
and I still don't know am I a falcon,
a storm, or a great song?

Song - Lone Wolf, Lea Morris

https://www.youtube.com/watch?v=gOjkITEd_U8

Quote - [Tracy K. Smith](#)

Dear Black America — We are many things, aren't we? We are hair. God yes, we are hair. And song. And memory. We are a language so deep it has no need for words. And we are words that feint, dart, and wheel like birds. Like James Brown, we feel good. Like Fannie Lou Hamer, we are sick and tired. We are fearsome. We are fire. Like God, we are that we are.

Quote - [Michael Kleber-Diggs](#)

Being born Black in an anti-Black country is like being handed a stone at birth, an object you have to carry and can never throw... Fifteen days after George Floyd's death, a familiar hopelessness set in... As I walked Ziggy and Jasper around the neighborhood, many passersby viewed us with concern. The overeager smiles of late May and early June—smiles communicating concern for my well-being, smiles that said you are welcome here—succumbed to a familiar consternation, suspicious eyes, some friendliness, but also long wary looks from people I've lived among more than ten years now. My steps grew leaden and sad. You see, I am carrying this stone.

Exercise - Widening Circles of Perspectives Exercise - Joanna Macy

https://www.youtube.com/watch?v=xgcOC8y-9_8

Quote - [angel Kyodo williams Sensei](#)

My own awakening around my racism, both internalized and externalized, was through the Dharma. I am not a person who was politicized elsewhere and then said, "Oh, let me map this Dharma thing onto it." I got it from the Dharma, because I took seriously the inquiry, "What is this thing that I 'shamelessly refer to as me?'" In the examination of "me-ness", this construct of "me", I think that what can happen is that white America can begin

to recognize that we have this another me-ness, and it's this social me-ness. Literally this socially constructed ego, written into law.

No one here actually came from some place called "white" ... We have allowed a paradigm that was required to move the economy in a particular way and to privilege a particular people to take over our understanding of who we are and to cut ourselves off from love.

This often strikes me as such an enormous opportunity for healing for white America, to allow itself to drop into this experience of what has happened... it's clear that that needs to be examined and seen... what has happened to you? What have you lost? What have you cut yourself off from? ...this construct is not you, and these ways of separation are not who you are.

On Widening Our Understanding of History

Quote - [James Baldwin](#)

American history is longer, larger, more various, more beautiful, and more terrible than anything anyone has ever said about it.

Quote - [Ta-Nehisi Coates](#)

You have to love your country the way you love your friends, the way your spouse loves you, right? The people who love you don't blow smoke up your backside. They don't do that. They tell you hard truths. They love you... my wife, if something's going wrong, she's going to tell me. Something's going wrong, I'm gonna tell her. That's the nature of the relationship... The question really is... can you get to a place where citizens are encouraged to see themselves critically, encouraged to see their history critically?

Quote/Reflection - [Jabari S. Jones](#)

One thing I've learned is that at the core of white privilege is the entitlement to amnesia and ignorance. To forget that America was founded on stolen land, stolen labor, and genocide, and that we live in a society structured by this history, is to embrace an identity rooted in a false innocence and a flight from truth and healing. This is the rot at the root of the nation.

Podcast - S2 E4: On Crazy We Built a Nation

<http://www.sceneonradio.org/episode-34-on-crazy-we-built-a-nation-seeing-white-part-4/>

Podcast - S2 E14: Transformation

<http://www.sceneonradio.org/episode-45-transformation-seeing-white-part-14/>

An exploration of solutions and responses to America's deep history of white supremacy

Essay - Why American Fascism Never Dies: How America's Imaginary European Heritage Keeps Fascism Alive, umair haque

<https://eand.co/why-american-fascism-never-dies-7328d3573b91>

Book - [How the Word Is Passed](#): A Reckoning with the History of Slavery Across America, Clint Smith

Review: <https://www.npr.org/2021/06/02/1002027683/how-the-word-is-passed-teaches-the-importance-of-reckoning-with-history>

On Widening Our Understanding of this Moment in Time

Book - There's a Revolution Outside, My Love: Letters from a Crisis

Interview with editor: <https://www.npr.org/2021/05/17/997602089/new-poetry-book-expresses-still-fresh-feelings-about-a-tumultuous-year>

Quote - Tracy K. Smith

This year amplified a feeling that I have had for some time, that history is upon us, history is not only on our heels, but maybe it's catching up and we're feeling it, its hand against our back. And during the pandemic, witnessing so many acts of violence against unarmed Black citizens, which is nothing new, but almost feeling as if all of America was held in place in a theater, watching this happen and reacting together, amplified all of the feelings of grief, anger, and determination to muster some sense of an adequate response and a sense of, OK, how do we move forward with a different momentum, something other than this rote historic pattern playing itself again and again?

Article - Amanda Gorman Captures the Moment, in Verse

https://www.nytimes.com/2021/01/19/books/amanda-gorman-inauguration-hill-we-climb.html?utm_source=pocket_mylist

On Widening Our Understanding of Responsibility

Quote - Joanna Macy

It is no longer appropriate to think only in terms of even my nation or my country, let alone my village. If we are to overcome the problems we face, we need what I have called a sense of universal responsibility rooted in love and kindness for our human brothers and sisters. In our present state of affairs, the very survival of humankind depends on people developing concern for the whole of humanity, not just their own community or nation... Narrow-mindedness and self-centered thinking may have served us well in the past, but today will only lead to disaster.

Poem - We Are Not Responsible, Harryette Mullen

https://www.slowdownshow.org/episode/2019/10/31/244-we-are-not-responsible-mullen?utm_source=pocket_mylist

Podcast - S2 E6: That's Not Us, So We're Clean

<http://www.sceneonradio.org/episode-36-thats-not-us-so-were-clean-seeing-white-part-6/>

Quote - Robin DiAngelo

Foundationally [we] have to change [and Widen] our idea of what it means to be racist... When we understand racism as a system that we have been raised in and that its impact is inevitable, it's really not a question of good or bad. It's just, "I have it. I have been socialized into it." And so, "*What am I going to do about it?*" is really the question. And that's where, I think, maybe some guilt could come in, when you know that and you're still not going to do anything about it... So, let me be really clear: As a result of being raised as a white person in this society, I have a racist worldview. I have racist biases. I have developed racist patterns as a result, and I have investments in the system of racism. It's incredibly comfortable. It's certainly helped me with the barriers that I do face. And I also have investments in not seeing anything I just said—because of... what it would actually require of me in action... Change how you understand what it means to be racist, and then act on that understanding. Because if you change your understanding, but you don't do anything different, then you're colluding.

Quote - Isabel Wilkerson

From [Caste: The Origins of Our Discontents](#), pages 16-17.

“We in the developed world are like homeowners who inherited a house on a piece of land that is beautiful on the outside, but whose soil is unstable loam and rock, heaving and contracting over generations, cracks patched but the deeper ruptures waved away for decades, centuries even. Many people may rightly say, "I had nothing to do with how this all started. I have nothing to do with the sins of the past. My ancestors never attacked indigenous people, never owned slaves." And yes. Not one of us was here when this house was built. Our immediate ancestors may have had nothing to do with it, but here we are, the current occupants of a property with stress cracks and bowed walls and fissures built into the foundation. We are the heirs to whatever is right or wrong with it. We did not erect the uneven pillars or joists, but they are ours to deal with now.

And any further deterioration is, in fact, on our hands....

Like other old houses, America has an unseen skeleton, a caste system that is as central to its operation as are the studs and joists that we cannot see in the physical buildings we call home. Caste is the infrastructure of our divisions. It is the architecture of human hierarchy, the subconscious code of instructions for maintaining, in our case, a four-hundred-year-old social order. Looking at caste is like holding the country's X-ray up to the light.”

Quote - [john a. powell](#)

The thing that's really slick about whiteness, if you will, is that most of the benefits can be obtained without ever doing anything personally... There are a whole set of assumptions that flow from being white, just like there are a whole set of benefits that flow from being male—you know, being a man doesn't mean that you have antipathy toward women, but if society is patriarchal, which a lot of people say it is, it means that the way resources are distributed in society benefits men. In that sense, men are not innocent, even though they may not personally have antipathy toward women. In the same way, in that sense, whites are not innocent. They're given the spoils of a racist system, even if they're not personally racist.

Quote - [Jabari S. Jones](#)

One thing I've learned is that at the core of white privilege is the entitlement to amnesia and ignorance. To forget that America was founded on stolen land, stolen labor, and genocide, and that we live in a society structured by this history, is to embrace an identity rooted in a false innocence and a flight from truth and healing. This is the rot at the root of the nation.

Book - [Become America: Civic Sermons on Love, Responsibility, and Democracy](#), Eric Liu

"intensive and informed discussion of the inhuman tendencies in our society, of its faults and dangers, and of possible means of counteraction. ...an awareness of what is wrong in our society...that is supplemented by caring and accepting some responsibility. “

Widening Our Vision of the Way Forward

Reflection/Quote - [Aisha Ansano](#)

It's not the specific methods that are making people uncomfortable. It's the fact that the struggle for racial justice is seeping into their awareness in ways that they can't ignore... White people tend to be visitors to the struggle for racial justice, ones that aren't forced to be there but can choose to come in and leave whenever they like. People of color reside in the struggle for racial justice by virtue of their race. As people who are constantly in the struggle, people of color have the right to make claims on what they find okay and not okay, what they see as helpful and not helpful.

Reflection - The Promise and the Practice: "A Parable on Privilege" Reflection, DeReau K. Farrar

Full piece at <https://www.uua.org/worship/words/homily/promise-and-practice-parable-privilege-reflection>

Here's what we should be saying: "Denounce all your privilege and give it to those with none." ... I believe, however, that we do not talk explicitly enough about the fact that every person's privilege is tied to our corrupted system of capitalism. This is true in our country, and it's also true in our Unitarian Universalist congregations. For a person to denounce their privilege, they would have to be willing to give up all that they have mythically come to believe they have earned...

Quote - [Ibram X Kendi](#)

Fundamentally racism—its heartbeat—has always been denial. And the sound of that heartbeat has always been "I'm not racist." To be more specific, the sound of that heartbeat has always been "not racist." And so in writing *How to be an Antiracist*, I've had one singular goal. If I could somehow shape the world, what I would hope would come out of this book is very simply we would eradicate the term "not racist" from the American vocabulary. And then it would force people to recognize that they're either what? Racist or anti-racist. It would force Americans...to recognize that all policies are either racist or anti-racist. ...All ideas are either racist or anti-racist. Then we can truly have an accounting of ourselves, of our ideas, of our policies, and of our country.

Article - Cancel Culture Is Real, But [adrienne maree brown](#) Says Be Careful About Throwing People Away

https://www.shondaland.com/inspire/books/a35452132/adrienne-maree-brown-we-will-not-cancel-us/?utm_source=pocket_mylist

Quote - Lilla Watson

If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.

Widening Circles of Perspectives Exercise - [Joanna Macy](#)

https://www.youtube.com/watch?v=xgcOC8y-9_8

Quote - [Frederick Douglass](#)

If there is no struggle, there is no progress. Those who profess to favor freedom, and yet depreciate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want the ocean without the awful roar of its many waters. This struggle may be a moral one; or it may be a physical one; or it may be both moral and physical; but it must be a struggle. Power concedes nothing without a demand. It never did and it never will.

Video - How Can We Win, [Kimberly Jones](#)

https://www.youtube.com/watch?v=sb9_qGOa9Go

How can you win? You can't win! The game is fixed!

Essay - What Do We Mean We When Say, “Building the Beloved Community”? Rev. Carl Gregg

https://www.patheos.com/blogs/carlgregg/2015/03/what-do-we-mean-we-when-say-building-the-beloved-community/?fbclid=IwAR3y0UBD90HKjFi-x0nX0AGm_PqBtA0EsvbAvcXrOpxZaUYTiaSfMSDUMCI&utm_source=pocket_mylist

“But notice as well what King is not saying. He is not saying what we are often accustomed to hearing in our highly competitive society: that the end goal is a decisive — or even crushing — victory over our opponents. For King, building Beloved Community requires the even harder work of reconciliation, redemption, and being in right relationship, of ‘transforming opponents into friends.’...”

Essay - Land Acknowledgments’ Are Just Moral Exhibitionism, Graeme Wood

<https://www.theatlantic.com/ideas/archive/2021/11/against-land-acknowledgements-native-american/620820/>

“If the practice of land acknowledgment persists, it should do so in a version less embarrassing to all involved. I would propose restricting such acknowledgments to forms and occasions that preserve their dignity and power. Follow these rules, and object to any land acknowledgments that violate them...”

Podcast - Decolonizing “Reconciliation,” Telling Our Twisted Histories

<https://www.cbc.ca/listen/cbc-podcasts/906-telling-our-twisted-histories/episode/15858279-reconciliation>

Podcast - Beyond Capitalism: A Multiracial Labor Movement, from Be Antiracist with Ibram X. Kendi

<https://podcasts.apple.com/us/podcast/beyond-capitalism-a-multiracial-labor-movement/id1564144316?i=1000528822402>

On Widening What the “American Project” Means

Book - [Become America](#): Civic Sermons on Love, Responsibility, and Democracy, Eric Liu

pushing toward an American creed that moves beyond both the white monoculture and the fracturing multiculturalism. He is always pushing toward a national story large enough to contain all the hybrid voices.”

Quote - [Eric Liu](#)

In the end, a new Americanization movement can't just be about listing our privileges and immunities, which we catalog in our laws. It also has to be about reinforcing our duties, which we convey in our habits... As it stands now, those of us who are lucky enough to be citizens by birth don't have to do much. Very little is asked of us.

Quote - [Eric Liu](#)

True patriots believe that we should measure a citizen's worth by contribution to country and community, not by wealth or power—that those whom America has benefited most should contribute in proportion to their good fortune—and that serving others should be esteemed more highly than serving self.

Sermon - A Broken Promise, Gregory Pelley *

<https://docs.google.com/document/d/1sQ8qaGntRMSapkdZHRquxMCg0XS1mn3P-7y4eoYrXQ/edit?usp=sharing>
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“As George Packer writes, “Something is deeply wrong; our society is unjust; our institutions are corrupt. The protests are the death throes of a declining capitalist empire, or the birth pangs of the world’s first truly multiethnic democracy, or something else altogether.” ... We seek a renewal of our democratic faith... This renewal will go far beyond the coming election. This election is merely a moment to slow the plummet of our democracy, a chance to stanch the hatred and division just enough to keep the possibility of the promise alive. It won’t repair the lie, the broken promise. At best, it will remind us that “we the people” are still the possible, that America can be America for everyone — without exception — everyone...”

On Widening Our Faith

UUA Resource - Widening the Circle of Concern

Overview: <https://uuhonolulu.org/blog/widening-the-circle-of-concern/>

UUA: <https://www.uua.org/uuagovernance/committees/cic>

Forum: <https://www.youtube.com/watch?v=x2RSbCD7vzg>

Sermon - Widening the Circle, Rev. Maddie Sifantus with Rev. Dr. Betty Stapleford

<https://docs.google.com/document/d/1bENRPGpk3eikfekpwiPyXn8x6q7sgsFw/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true>

Panel Discussion - Whose Faith Is It Anyway? A Black UU Theological Framework Discussion

https://www.youtube.com/watch?v=yLCH1tl_fmE

Quote - [angel kyodo williams Sensei](#)

It's the community's job to figure out how we can stretch into the so-called margins to broaden our understanding and the ability to be inclusive. Inclusivity is not 'how do we make you a part of what we are?' but 'how do we become more of what you are?'

Quote - [Chris Crass](#)

To become an anti-racist faith community, the key question for a white/white majority community is not "How do we get people of color to join our faith community?" It is, instead, "How can we make a prolonged, spiritually-rooted, engaged commitment to uprooting white supremacy within our community and take ongoing collective action to challenge it in society?"

Our goal is not to have white people sit alongside a person of color so as to affirm that those white people aren't racist. Our goal is to build and be part of beloved community, united to end structural oppression and unleash collective liberation... Our goal is to join our hearts and minds to the task of destroying white supremacy in every worldview, policy, law, institution, and governing body of our society...

Reflection - Our Faith's Complacency in Racism, By Nathan Ryan

On racism and stolen wealth

<https://www.uua.org/worship/words/reflection/our-faiths-complacency-racism>

There Is More Love Somewhere, By Glen Thomas Rideout

On the painful relationship with one of our hymns

<https://www.uua.org/worship/words/reflection/there-more-love-somewhere>

On Widening Our Circle of Compassion to Our "Enemies"

Talk - Robert Thurman on Expanding your circle of compassion to our enemies

<https://www.youtube.com/watch?v=MBZyRlxVd-E&t=10s>

Discussion - Love Your Enemies: Robert Thurman, Sharon Salzberg and Uma Thurman

<https://www.youtube.com/watch?v=l3LkHq96OG0&t=2s>

Book - [Love Your Enemies](#): How to Break the Anger Habit & Be a Whole Lot Happier, Sharon Salzberg and Robert Thurman

Related article: <https://www.ozy.com/the-new-and-the-next/the-buddhist-duo-asking-you-to-love-your-enemies/32077/>

Sermon - A Valentines Sermon on Loving Your Enemies, Rev. J. Mark Worth

<https://uuharvard.org/services/love-your-enemies/>

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Prayer - To love my enemies, Rev. Steve Garnaas-Holmes

Full piece at <https://unfoldinglight.net/2014/02/18/2296/>

Heavenly Lover,
I confess I don't want to love.
I want to protect my fear, my hurt and anger.
I want to fix, to control, to be right,
to unload my pain onto another.

When I am this way,
so self-absorbed, so sure of my right,
I abandon your love and work against you.
I become your enemy....

On Empathy: The Practice of Widening Our Hearts to Include The Pain of Others

Quote - [Austin Channing Brown](#)

We all get shit wrong. So the question is: Have you built the capacity to care more about others than you care about your own ego? Will you choose to protect someone else over your own ego?

Book - [The Empathy Exams](#), Leslie Jamison

Review: https://www.nytimes.com/2014/03/28/books/the-empathy-exams-essays-by-leslie-jamison.html?utm_source=pocket_mylist

A wide-ranging exploration of what we mean when we say that we feel someone else's pain.

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 worst selves for our better ones.

Quote - [Leslie Jamison](#)

Empathy isn't just remembering to say 'that must really be hard' —it's figuring out how to bring difficulty into the light so it can be seen at all... Empathy means acknowledging a horizon of context that extends perpetually beyond what you can see.

Quote - [Leslie Jamison](#)

Empathy means realizing no trauma has discrete edges. Trauma bleeds.

Quote - [Leslie Jamison](#)

Imagining someone else's pain with too much surety can be as damaging as failing to imagine it... Empathy is always perched precariously between gift and invasion.

Quote - [Ijeoma Oluo](#)

To refuse to listen to someone's cries for justice and equality until the request comes in a language you feel comfortable with is a way of asserting your dominance over them in the situation. The oppressed person reaching out to you is already disadvantaged by the oppression they are trying to address. By tone policing, you are increasing that disadvantage by insisting that you get to determine if their grievances are valid and will only decide they are so if, on top of everything they are already enduring, they make the effort to prioritize your comfort. Whether you are consciously meaning to do this or not, this is the effect tone policing has on people of color.

Article - Empathy is, at heart, an aesthetic appreciation of the other

Susan Lanzoni

https://psyche.co/ideas/empathy-is-at-heart-an-aesthetic-appreciation-of-the-other?utm_source=pocket_mylist

Article - The Brain's Empathy Gap: Can mapping neural pathways help us make friends with our enemies?

https://www.nytimes.com/2015/03/22/magazine/the-brains-empathy-gap.html?utm_source=pocket_mylist

Podcast - The End of Empathy: Who deserves our empathy?

<https://www.npr.org/programs/invisibilia/712280114/the-end-of-empathy>

"In this experimental show we tell the story of Jack, a young man who was part of a group called incels who espouse vile and sometimes violent views about women. We tell it in a way which allows you to empathize with Jack, and then we tell it a second time in a way which makes you hate him more thoroughly. The show examines the history of empathy in American culture, which was once considered the road to peace and progress, and in this era of political polarization has largely fallen out of fashion."

Video Reflection - Raoul Martinez on The Myth of Responsibility and Need for a Wider Type of Empathy

<https://www.youtube.com/watch?v=h-GkUHI2888&t=240s>

Chant - Become a whole world, Darlene Franz

<https://wisdomchant.bandcamp.com/track/become-a-whole-world>

"Become a whole world, for a whole world
Remember the mercy
Be ye whole as I am whole"

Quote - Lilla Watson

If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.

Miscellaneous

UUA Resources

Our UUA has put together a number of great resource books that related Widening the Circle. Here are three we'd especially recommend:

- [To Wake, To Rise: Meditations on Justice and Resilience](#)
- [Voices from the Margins: An Anthology of Meditations](#)
- [Centering: Navigating Race, Authenticity, and Power in Ministry](#)
- [Beyond Welcome: Building Communities of Love](#)

Quote - Lesley Hazleton, from *Agnostic: A Spirited Manifesto* (2016)

A classic Zen exercise is the *ensō*, the circle hand-drawn in a single fluid brushstroke. It is close to perfect, but never there. If perfection is what you want, you can produce it anytime by using a compass or a computer, but the *ensō* defies such mechanistic precision; indeed it is often incomplete, left slightly open as though in invitation to everything beyond it. And each one is different, never the same circle twice. You can see the hairs of the brush in the drag of the ink on paper; trace the fluidity of the moment when the stillness of meditation was released in one rapid stroke; sense the calm grace of the artist. The beauty of the Zen circle lies precisely (or more precisely, imprecisely) in its imperfection. That is what speaks to us, and draws us in. A perfect circle is uninteresting, a closed system containing nothing, while an imperfect one vibrates with warmth. It invites us into the moment of its creation, into that single deep exhalation as the hand arced through the air, the brush over the paper. It is open, human, fallible—an expression, that is, of soul.

Article - How Not to Talk About Race

Patricia J. Williams

<https://www.thenation.com/article/society/talk-about-race/>

On widening the conversation about critical race theory

Podcast - Is Childcare a Public Responsibility

https://www.nytimes.com/2021/10/12/podcasts/the-daily/is-child-care-a-public-responsibility.html?utm_source=pocket_mylist

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.

Permission secured for use in online worship by Soul Matters congregations:

A Broken Promise, Rev. Gregory Pelley (bio and contact [here](#))

<https://docs.google.com/document/d/1sQ8qaGntRMSapkdZhrquxMCg0XS1mn3P-7y4eoYrXQ/edit?usp=sharing>

On Widening What the “American Project” Means

Drawing on the Wide Side of the Brain, Rev. Rod Richards (bio and contact [here](#))

[https://docs.google.com/document/d/1lhQuYJ4-](https://docs.google.com/document/d/1lhQuYJ4-ba1YghYrNCTu4RvDwA3qxwgb/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true)

[ba1YghYrNCTu4RvDwA3qxwgb/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true](https://docs.google.com/document/d/1lhQuYJ4-ba1YghYrNCTu4RvDwA3qxwgb/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true)

Black Lives Matter, Rev. Seth Carrier-Ladd (bio and contact [here](#))

<https://www.uua.org/worship/words/sermon/black-lives-matter>

Is There Room at the Table – for Fascists? Rev. Jone Johnson Lewis (bio and contact [here](#))

[https://docs.google.com/document/d/10JSVlUa4Cj3GK-](https://docs.google.com/document/d/10JSVlUa4Cj3GK-VmPVR7VjZORydgaTST/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true)

[VmPVR7VjZORydgaTST/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true](https://docs.google.com/document/d/10JSVlUa4Cj3GK-VmPVR7VjZORydgaTST/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true)

For Inspiration Only

"I to We" with Rev. Gretchen Haley

<https://foothillsuu.org/podcasts-and-sermons/>

Closing Words

Fitted for This Day *

Kimberly Quinn Johnson

Full piece at <https://www.uua.org/worship/words/benediction/promise-and-practice-benediction-3>
[Permission Source](#)

May we be bold and courageous to chart that new future
May we have faith in a future that is not known...

I'm in love with the Unitarian Universalism that does not yet exist...

Rev. Dr. Natalie Fenimore

Shirley Chisholm was asked why she, a Black woman, was running for president: "You don't have a chance. Why are you doing that?" And she said, "Because I am in love with the America that does not yet exist," and that's how Unitarian Universalism is also. I'm in love with the Unitarian Universalism that does not yet exist. But I have to hold both the love for that thing and the love for the reality. It does not yet exist. It will probably not exist in my lifetime. I don't think it will in that of my children, but I can't deny my love for it. You know, wanting to be there in that struggle. That's why I'm fighting.

Ever-widening, perfectly imperfect, precisely imprecise... *

Rev. Rod Richards

[Permission secured from Soul Matters](#)

You won't be alone, we'll be side by side with one another, with people yet to come, with partners we have yet to meet, creating ever-widening, perfectly imperfect, precisely imprecise, circles and ovals and oblong things of beauty as we practice sacred flexibility, welcoming love and healing pain and demanding justice and saving lives. Go forth and make some new shapes.

We Are Not Done *

Rev. Audette Fulbright Fulson

Full piece at <https://www.uua.org/worship/words/reading/we-are-not-done>
[Permission Source](#)

Do not think we are finished—
oh no
we will never be finished
never just done
until the light of justice is lit behind every eye...

We have come to take back the world
the world that is the inheritance of better children
better lovers
better days...

Do Not Be Alone Right Now *

Rev. Karen G. Johnston

Full piece at <https://www.uua.org/worship/words/affirmation/do-not-be-alone-right-now>
[Permission Source](#) & secured by Soul Matters

Do not be alone right now. Gather together.

Gathering together grows courage: in ourselves and in others who see the numbers swelling. It is a small thing, but right now it is an important thing.

Great sources of wisdom remind us: just because you cannot stem the tide of all hate, it is still right to do the thing you can do. These things add up: your one thing & my one thing; his one thing & their one thing & her one thing. Together it becomes a BIG thing.

Do not be alone right now. Any liberation—all liberation—is collective liberation. My freedom is bound with yours and yours with mine. Inextricably.

Let us together cast our lots doing this BIG thing: bending the moral arc of the universe towards justice.

Universal Rhythm *

Rev. Israel Buffardi

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

Know that deep down, our hearts beat in one universal rhythm...

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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