



*Soul Matters*

---

**Renewing Faith**

**Worship Research**

**March 2022**

# Contents

<i>Calendar Connections</i>	2
<i>Chalice Lightings &amp; Opening Words</i>	3
<i>Meditations, Prayers &amp; Blessings</i>	6
<i>Music</i>	8
<i>Stories For All Ages</i>	12
<i>Sermon Seeds</i>	15
<i>Recommended Sermons</i>	24
<i>Closing Words</i>	26
<i>Support</i>	27
<i>Inspiration</i>	27

## 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

## March 2022

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

### Interfaith:

- [Ash Wednesday](#) (Christian) - March 2, 2022 (more [here](#))
- [Lent](#) (Christian) - March 2 - April 14, 2022 (A [humorous take](#))
- [Purim](#) begins (Jewish) - March 16 - 17, 2022 (more [here](#) & [here](#))
- [Holi](#) (Hindu) - March 18 - 19, 2022 (more [here](#) and [here](#))
- [Ostara](#)/ Spring or the Vernal Equinox (Wicca/Pagan) - March 20 (more [here](#))
- [The Annunciation](#) (Christian) - March 25

### Unitarian Universalist:

- [James Reeb](#) dies (1965) - March 11 (more [here](#) and [here](#).)
- [Susan B. Anthony's](#) Death - March 13
- [Climate Justice](#) Month - March 22 to April 22
- [Viola Liuzzo](#) dies (1965) - March 25

### National & Cultural:

- [Women's History Month](#)
- Irish American Heritage Month
- Mardi Gras - March 1
- [Peace Corps Established](#) - March 1 (1961)
- [Season for Nonviolence](#) - Jan. 30 - April 4
- Dred Scott Case - March 6 (1857)
- [International Women's Day](#) - March 8
- [St. Patrick's Day](#) - March 17
- [World Water Day](#) - March 22
- Archbishop [Oscar Romero](#) dies - March 24 (1980)
- [Selma–Montgomery march](#) - March 21-25 (1965) (more [here](#))
- [International Transgender Day of Visibility](#) - March 31 (more [here](#))

### For Fun and On the Fringe:

- [National Day of Unplugging](#) - first Friday of March / Mar. 2
- [Pi Day](#) - March 14
- Everything You Think is Wrong [Day](#) - March 15
- [Tolkien Reading Day](#) - March 25

# Chalice Lightings & Opening Words

## **So Must We**

*Rev. A. Powell Davies*

So far as I can see, all the great leaders—and the great exemplars of religion—possessed...faith in life's essence, in its hidden meaning, in its moral claim, and in the rightness of its inner spiritual guidance. And by this the great ones lived their lives. So must we. There are no problems greater than our power to solve them. There are no burdens greater than our strength. We shape—by every moment of our lives—the great decisions. Then let us venture still! —with reason as a lamp to guide us—but lighted with the light of faith.

## **May our faith be renewed and reignited... \***

*Rev. Dr. Rebekah A. Savage*

[Permission secured by Soul Matters](#)

We light our flaming chalice each week with a simple spark to make holy our time together.

With this flame, may our Highest Intentions be refreshed.

With this flame, may we remember who we are and whose we are.

With this flame, may our faith be renewed and reignited to guide our journey.

Amen, and may it be so.

## **In this quiet hour may our spirits be renewed. \***

*Rev. Gary Kowalski*

Full piece at <https://www.uua.org/worship/words/opening/5356.shtml>

[Permission Source](#)

In this quiet hour may our spirits be renewed.

In this gathering of friends may we be ready to extend ourselves to those in need, and with trust to receive the hand that is offered...

## **Hoping, Trusting for So Many Things \***

*Katie Kandarian-Morris*

Full piece at <https://www.uua.org/worship/words/opening/hoping-trusting-so-many-things>

[Permission Source](#)

Here we have come into this sacred space—

quieter now with our readiness

Hushed voices, hoping, trusting for so many things...

## **We light this chalice for Renewal of our faith \***

*Rev. Suzelle Lynch*

[Permission granted through UU Ministers Worship Collaborative FB page](#)

Each time we light the chalice

we renew our commitment to our Unitarian Universalist faith.

With the spark of a match, we make it new again –

as fresh and surprising as the first day

we encountered this spiritual community

and realized we were home.

We light this chalice for Renewal of our faith

### **Welcome Sweet Soul \***

*Rev. Dr. Rebekah A. Savage*

[Permission secured by Soul Matters](#)

Welcome sweet soul, to this place of renewal and hope.

Here we welcome your tender places and yearnings to be fully present.

Welcome sweet soul, to this place of meaning and belonging.

Here we welcome your questions and wonderings on the journey towards wholeness. Welcome sweet soul, to this place of compassion and heart.

Here we welcome you, all of you.

And we invite you in as you are, as we are.

Here we welcome you to renew your connection to the Spirit of Life.

Renew your relationship with the Sacred, the Interdependent web of all existence. Welcome sweet soul, Come Let us worship together.

### **This act of faith... \***

*Rev. Gretchen Haley*

[Permission secured by Soul Matters](#)

What's going to happen?

Will everything be ok?

What can I do?

In these days we find ourselves  
too often

Stuck with these questions on repeat

What's going to happen? / Will everything be ok? /What can I do?

We grasp at signs and markers, articles of news and analysis

Facebook memes and forwarded emails

As if the new zodiac

Capable of forecasting all that life may yet bring our way

As if we could prepare

As if life had ever made any promises of making sense, or turning out the way we'd thought

As if we are not also actors in this still unfolding story

For this hour we gather

To surrender to the mystery

To release ourselves from the needing to know

The yearning to have it all already figured out

And also the burden of believing we either have all the control, or none

Here in our song and our silence

Our stories and our sharing

We make space for a new breath, a new healing, a new possibility

To take root

That is courage

forged in the fire of our coming together

and

felt in the spirit that comes alive in this act of faith:

that we believe still, a new world is possible

That we are creating it, already, here, and now

Come let us worship together

**Renewing Faith: A Call to Worship \***

*Rev. Dr. David Breeden*

[Permission secured by Soul Matters](#)

We ask “what’s the point?”  
to renew our faith,  
to renew our trust  
that our world is enough,  
that we are enough.

We ask “what’s the point?”  
to remind ourselves  
that loving our world  
and each other is our way.

We ask “what’s the point?”  
to renew our faith that  
loving choices create  
a loving life

**We light this flame as an act of faith... \***

*Rev. Scott Tayler*

[Permission secured by Soul Matters](#)

We come with our doubts,  
worn out and worn down,  
wanting, once again, to trust,  
to believe  
that hope is not as fragile as it sometimes seems,  
that division is not as deep as it sometimes appears.  
And so we light this flame as an act of faith,  
a reminder  
a redeclaration  
a rekindling  
of the trust  
that darkness can’t ever shut out the light,  
that kindness is more powerful than we know,  
that humility and accountability allow us to change,  
that together we can most certainly bend the arc of this beautiful universe  
toward justice.

# Meditations, Prayers & Blessings

## **Renewing Faith Eternal \***

*Rev. Dr. Rebekah A. Savage*

[Permission secured by Soul Matters](#)

Spirit of Life, Beloved of our Hearts, Receive our Prayer:  
Holy One, at times our spirits are like dry bones,  
Devoid of moisture, cracked and brittle, weary with life.  
At times, we feel absent and apart from the rest of the world,  
We feel cast adrift.  
People are around us, continuing on and seem to have everything figured out.  
Spirit of Life, nourish our spirits with your cascading Love,  
Remind us that we are held in the sacred, interdependent web of all of creation.  
Remind us that the spark of the divine is within us,  
And radiates out from us,  
Giving life the shape of justice.

May we bathe in that which is Eternal,  
May our thirst for life be drenched in your living waters.  
May our faith be renewed again this day.  
Amen and blessed be.

## **Adrift in My Faith**

*Rev. Adam Dyer*

On a faith as the expectation that the world is trying to call us home  
Full meditation found in [Love Beyond God](#), and part of [Soul Matters Common Shelf](#)

“Sometimes I am adrift in my faith...  
I must remind myself that not only can I swim,  
But I can read the sun and the moon...  
And the buzz of the fly that says, “land ho!”

## **Invocation to the Spirit of Life \***

(Inspired by the Lord's Prayer as a recommittal to our UU faith)

*Rev. Alex Jensen*

[Permission secured by Soul Matters](#)

Spirit of Life and Love, Holy God, Source Eternal, in our midst yet still ever so elusive:  
To breathe your sacred name is a blessing.  
Your world become,  
Your will be done here, on Earth, inspired by our aspirations to do and be better people.  
May we have all that we need to survive, live, and thrive.  
Remind us to be gentle; may we love mercy and kindness, recalling the times when we've fallen short ourselves.  
Call us to be firm; may we not be tempted to follow selfish motivations or reside in our narrow privileges,  
unexamined and uninterrogated; move us to counter and overcome evil and injustice in ourselves, our lives, and  
institutions.  
Yours is the Beloved Community, the fire of commitment in our hearts, and the spirit of generosity and  
abundance, now and always.  
Amen.

### **Meditation for Challenging Times \***

*Rev. Joan Javier-Duval*

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

Help us, Abiding Mystery  
to hang on  
to hold on when all is in question  
when all is in doubt...

### **Psalm 23 for This Moment \***

*Rev. Kevin Tarsa*

Full piece at <https://www.uua.org/worship/words/affirmation/psalm-23-moment>  
[Permission Source](#)

Just when the weight of the world I inhabit  
threatens to drop me in place  
and press my hope down into the ground beneath me  
Love invites me to rest for a gentle while...  
sets me once again on its tender and demanding path...  
I know...  
I know  
that all will be well...

### **Prayer in Time of Transition \***

*Rev. Julianne Lepp*

[Permission secured by Soul Matters](#)

Dear Goddess, Mother, and Source  
Your womb is all of creation  
Your love is mother's milk  
Please grant us support during this transition  
Please help us move through this next stage  
Please carry us in arms of support, grace, and love  
So that we may bring new life to this ministry  
So that we may grow as a community  
So that we may birth a whole new way of being together.  
We ask this in your Holy, and Sacred name. Amen.

### **Prayer Against Injustice and Despair, Rev. Douglas Taylor**

Full prayer at <https://douglastaylor.org/2018/05/17/prayer-against-injustice-and-despair/>

“Help us to know, despite the messy complexity of life,  
that we do not labor in vain,  
that peace will one day prevail,  
that perseverance will be rewarded  
and that hope is a powerful response...”



# 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 March 2022 - *Renewing Faith*

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](#))*

- 40 - The morning hangs a signal
- 42 - Morning, so fair to see
- 108 - My life flows on in endless song
- 193 - Our faith is but a single gem
- 202 - Come Sunday
- 274 - Dear Mother-Father of us all
- 281 - O God, our help in ages past
- 287 - faith of the larger liberty
- 297 - The star of truth but dimly shines
- 304 - A fierce unrest seethes at the core
- 351 - A long, long way the sea-winds blow
- 396 - I know this rose will open

## Hymns: Singing the Living Tradition - permissions needed

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

- 20 - Be thou my vision (harmony: Abingdon Press, One License)
- 85 - Although this life is but a wraith (music: Faber Music, Ltd., CCS)
- 194 - Faith is a forest (music: I-to Loh, One License)
- 303 - We are the Earth upright and proud (permission with no changes to words)
- 341 - O world, thou chooseth not (music: Oxford University Press, 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")

## 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
- 1020 - Woyaya
- 1023 - Building Bridges
- 1028 - The Fire of Commitment (must own hymnal)
- 1035 - Freedom is Coming
- 1043 - Székely Áldás
- 1058 - Be Ours a Religion

## Hymns: Singing the Journey - permissions needed

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

- 1013 - Open My Heart (permission granted, please [email](#).)
- 1014 - Standing on the Side of Love (permission granted: Please use the new title: Answering the Call of Love)
- 1015 - I Know I Can (permission granted if credit is given to: 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)
- 1019 - Everything Possible (permission granted: [email](#) when used)
- 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\*\**

- *A Change is Gonna Come* - Sam Cooke
- *I Can See Clearly Now* - Jimmy Cliff
- *Here Comes the Sun* - The Beatles
- *Imagine* - The Beatles
- *Don't Stop Believin'* - Journey
- *When You Believe* - Whitney Houston/Mariah Carey
- *Keep Holding On* - Avril Lavigne
- *Rise Up* - Andra Day
- *The Climb* - Miley Cyrus

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.

- [Cornerstone - SATB - Arr. Shawn Kirchner](#)
- [I Believe - SATB, SAB, SSAA - Arr. John Leavitt](#)
- [Inscription of Hope - SATB, 3-part, 2-part - Z. Randall Stroope](#)
- [Still We Sing Alleluia - SATB divisi/solos - Paulo K. Tirol](#)
- [I Dream a World - SATB, SAB, 2-part - Andre Thomas](#)
- [I Dream a World - SATB - Rosephanye Powell](#)
- [I Believe - SATB - Mark Miller](#)
- [Sing Gently - SATB, SSA, TBB - Eric Whitacre](#)
- [How Can I Keep From Singing - SATB w/ oboe and violin - Taylor Davis](#)
- [How Can I Keep from Singing - SATB - Andy Beck](#)
- [How Can I Keep From Singing - SAB - Arr. Emily Crocker](#)
- [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:

- [Be Thou My Vision - 3 - 5 va - Arr. Sandy Mullany](#)
- [Be Thou My Vision - 8 bells - Arr. Mitchell and Sandra Eithun](#)
- [Sing Gently - piano, 2 violins, viola, cello - Eric Whitacre](#)
- [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](#))

- ["My Life Flows On in Endless Song" \(Vimeo\)](#) (#108 in *Singing the Living Tradition*; Quaker text paired with melody written by American Baptist minister Robert Wadsworth Lowry). Piano and melodia by Michael Frye-Hunt; vocals by Dorothy Frye-Hunt.
- ["Woyaya" \(YouTube\)](#) (words & music by Loughy Amoa, Solomon Amarfio, Robert M. Bailey, Roy Bedeau, Francis T. Osei, Whendell K. Richardson, and Mac Tontoh; #1020 in *Singing the Journey*). Created by Paul Thompson (Music Director at the UU Church of the Palouse, Moscow ID)
- ["I Know I Can" \(YouTube\)](#) (words by Dennis Hamilton; music by Jeannie Gagné; #1015 in *Singing the Journey*). Created by Jennifer Nicolosi (Lead Music Director, Unitarian Universalist Church West, Brookfield WI)
- ["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, Kienna Williams, Brandon Hornsby-Selvin, and Candice Helfand-Rogers)

## But Wait, There's (a bit) 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 -

[Faith \(unison\)](#)

[Faith \(SATB with Oboe\)](#)

- Please visit [Sharon Scholl's website](#) for many more compositions and arrangements! She would love to hear back from you about any music you download and use. Please contact [Amanda Udis-Kessler](#) to reach Sharon. Amanda will pass along your messages and contact information.

## Extra, Extra!!!

### **Read All About:**

[Decolonizing Choirs Panel](#): This panel discussion explored ways in which we as choral directors can be mindful in decolonizing our choral groups and offerings: "Like many organizations, the Vancouver Bach Choir has been spending time this past year learning, listening, and questioning how we can better engage in decolonizing our organization, by focusing on equity, diversity and inclusivity. If you are looking to begin or deepen your own process or that of your organization, we invite you to join us for a panel discussion on Decolonizing Choirs."

# Stories For All Ages

## The Fish and the Loaves

*On Renewing Faith in Each Other & The Practice of Joining Forces for the Common Good*

**Preview of Video and Song by Lea Morris:** <https://youtu.be/o6lKW4O0n6o>

**Online Story from Tapestry of Faith:**

<https://www.uua.org/re/tapestry/multigenerational/miracles/session-6/loaves-fishes>

## The Parable of the Spoons

*On Renewing Faith in Each Other & The Practice of Joining Forces for the Common Good*

**Preview of Video and Song by Lea Morris:** <https://www.youtube.com/watch?v=hE5m3iYRBB0>

**Online story from Tapestry of Faith:** <https://www.uua.org/re/tapestry/children/toolbox/session1/heaven-hell>

### **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. It's a beautiful blending of her wonderful story-telling skills, luminous songwriting and joy-filled singing.*

*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>

## Nothando's Journey by Jill Apperson Manly (Author), Alyssa Casey (Illustrator)

*On Renewing Faith in Ourselves and The Practice of Trusting Our Gifts*

**Book:** [HERE](#)

**Video:** <https://www.youtube.com/watch?v=x-ZWfw2kknA>

**Online Permission Note:** *Jabu Kids Book Publishing 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](#).*

## The Magical Yet by Angela DiTerlizzi (Author), Lorena Alvarez (Ill.)

*On Renewing Faith in Ourselves and The Practice of Trusting Our Gifts*

**Book:** [HERE](#)

**Video:** <https://www.youtube.com/watch?v=c-owlWJcDXY>

**Online Permission Note:** *Little, Brown 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 "Little Brown Publishers."*

### **The Golden Rule by Ilene Cooper and Gabi Swiatkowska**

*Renew faith in the promises we make to treat each other well.*

**Online read aloud:** <https://www.youtube.com/watch?v=40lbDlo1WoM>

**Book:** [HERE](#)

**Online Permission Note:** *Abrams Book 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 “Abrams Book Publishers.”*

### **The Promise by Nicola Davis**

*Renew faith in the covenants and promises we make*

**Video of book read by the author:** <https://vimeo.com/73026206>

**Book:** [HERE](#)

**Online Permission Note:** *Candlewick Book 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 “Candlewick Book Publishers.”*

### **The Treehouse Rules**

*Renew faith in the covenants and promises we make*

From Tapestry of Faith, Love Connects Us

<https://www.uua.org/re/tapestry/children/loveconnects/session16/162186.shtml>

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

### **Love by Matt de la Peña (Author), Loren Long (Illustrator)**

*Renew faith in love and each other*

**Video:** [https://www.youtube.com/watch?v=zwrA4UHL9\\_0](https://www.youtube.com/watch?v=zwrA4UHL9_0)

**Book:** [HERE](#)

**Online Permission Note:** *Penguin Random House Publishers, [which owns](#) GP Putman and Sons Publishing, 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 “Penguin Random House Publishers.”*

### **The Table Where Rich People Sit by Byrd Baylor (Author), Peter Parnall (Ill.)**

*Renew faith in life’s simple joys and gifts, and by paying attention to what is important.*

**Video:** <https://www.youtube.com/watch?v=u8Plzn1-WaQ>

**Book:** [HERE](#)

**Online Permission Note:** *Simon and Schuster, which owns Aladdin 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 “Simon and Schuster.”*

**The Brave Little Parrot as told in Tapestry of Faith, Moral Tales**

*Renew faith in oneself and one's purpose.*

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

**The Wise Princess a tale from Finland**

*Renew faith in life's gifts by always learning.*

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

**Rocks, Pebbles, Sand a wisdom tale**

*Renew faith in life's simple joys and gifts, and by paying attention to what is important.*

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

**The Elephant and the Rope, a wisdom tale**

*Renew faith by trusting in one's gifts.*

**Online Permission Note:** *Permission secured by Soul Matters*

**Henry David Thoreau and the Still Small Voice as told in Tapestry of Faith, Sing to the Power**

*Renew faith in life's simple joys and gifts.*

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

**The Farmer & the Faith of Maybe**

<https://www.bing.com/videos/search?q=maybe+farmer+story&&view=detail&mid=563B89C96B1359A3E46D563B89C96B1359A3E46D&&FORM=VRDGAR>

**The Story of John Murray and Thomas Potter's Faith**

<https://www.uuworld.org/articles/john-murray-day> & <https://www.uuworld.org/articles/john-murray-conversion>

# 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 Renewing Faith in Life & The Practice of Trusting in Life's Goodness and Dependability***

### **Poem - First Lesson, Philip Booth**

Full poem at <https://thedewdrop.org/2021/12/17/philip-booth-first-lesson/>

Lie back daughter...  
Spread your arms wide...  
and let go...  
lie gently and wide to the light-year  
stars, lie back, and the sea will hold you.

### **Video/Reflection - The Parable of the Trapeze, Danaan Parry**

<https://www.youtube.com/watch?v=HWvV5N4hOGc>

### **Quote/Poem - Thomas R. Smith**

...Sometimes you sense how faithfully your life is delivered, even though you can't read the address.

### **Poem - Wait, Galway Kinnell**

Full poem at <http://www.ayearofbeinghere.com/2014/10/galway-kinnell-wait.html>

Wait, for now.  
Distrust everything, if you have to.  
But trust the hours. Haven't they  
carried you everywhere, up to now?

### **Quote - [Marcus Borg](#)**

*On the faithful expectation that our crying out will receive a response:*

The Hebrew word for faith in the Old Testament is *emoonah*. What makes that word interesting is that it's the sound that a baby donkey makes when it is calling for its mother. To appreciate that, you have to say *emoonah* so it sounds like that. If you want to hear the meaning of *emoonah*, you need to say it like braying. I sometimes think to myself, if you say it soft, it's almost like braying. The point being that faith in the Hebrew Bible is like a baby donkey calling out or crying for its mother. There's something kind of wonderful about that. There is an element...I don't know if you want to say of desperation in it or not, but there certainly is an element of confidence also that the cry will be heard.



### **Quote/Sermon - Faith and Patience, Rev. Barbara Prose**

Video: <https://www.youtube.com/watch?v=mVWvaNVnk-M&list=PLT8wFooVCyvu3mCR6yPy2EHUsKT-QA2dr>

“At the center of faith is patience - a willingness to trust in a timing, timeline and unfolding not of our own. Also life as a patient unfolding of and search for our faith: ‘What if we don’t need faith to live, but instead live to find our faith?’”

### **Quote/Lyric/Song - Mary Grigolia**

I know this rose will open. I know my fear will burn away. I know my soul will unfurl its wings.

Related reflection [HERE](#)

### **Book - Grace (Eventually): Thoughts on Faith, Anne Lamott**

[https://www.amazon.com/dp/B000PDYWOG/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B000PDYWOG/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)

“Here Lamott delivers a poignant, funny, and bittersweet primer of faith, as we come to discover what it means to be fully alive.”

### **Story - The Wisdom Of The Sands**

*On faith as trusting the winds of life carrying you into something new.*

Text: <https://www.spiritual-short-stories.com/the-wisdom-of-the-sands-wisdom-story-by-osho/>

Video and audio telling: [https://www.youtube.com/watch?time\\_continue=176&v=tFR-FfE-yX8](https://www.youtube.com/watch?time_continue=176&v=tFR-FfE-yX8)

“By hurtling in your own accustomed way you cannot get across. you will either disappear or become a marsh. you must allow the wind to carry you over to your destination... It is so, and if you do not believe it, you cannot become more than a quagmire...”

### **Quote - Jurgen Moltmann**

Faith is the wakeful expectation of God, which touches all our senses. The early Christians prayed standing up, looking up, with outstretched arms and wide-open eyes, ready to walk or to leap forward. We can see this from the pictures in the catacombs in Rome. Their posture reflects tense expectation, not quiet heart searching. ... We are watching for God's advent. With tense attention, we open all our senses for the coming of God into our lives, into our society, to this earth.

### **Quote - Nick Cave**

*On faith as an “act of cosmic defiance, of subversive optimism, of unconditional and insubordinate love” Faith’s call to defiantly expect the universe we wish for.*

“Is this world cruel? I don’t think so. I think this world is indifferent and indifference is not cruelty. What connects me to you, Gianelli, and you to every other sentient being in the universe, is that the universe, simply does not care about us; it does not act with malice or desire to harm us – it is simply unaffected by our condition. If one acknowledges this state of affairs, then it sets up a situation that allows us to make a simple choice – either we respond to the indifference of the universe with self-pity and narcissism – as if the world has in some way personally betrayed us – and live our lives in a cynical, pessimistic and self-serving manner; or we stand tall, set our eyes clearly upon this unfeeling universe and love it all the same – even though, or especially because, it doesn’t love us. This act of cosmic defiance, of subversive optimism, of unconditional and insubordinate love, is the greatest act of human beauty we can perform. To stand before this great, blank, heartless cosmic event and say: ‘We believe in you’. ‘We love you’. ‘We care for you’. This is the definition of grace, Gianelli, and this is the epiphany you speak of. We create our own divinity, our own Godliness, through our ferocious need. We yearn the heavens awake...”

## ***On Leaps of Faith***

### **Quote - Rev. Dr. Martin Luther King, Jr.**

Faith is taking the first step even when you can't see the whole staircase.

### **Quote: Rumi**

As you start to walk out on the way, the way appears.

### **Reflection - The Edge, Rev. David O Rankin**

Full piece at <https://www.uua.org/worship/words/meditation/edge>

Everything worth doing in the world is a desperate gamble, a game of chance, where nothing is certain.

What is love? Is it not a wild and sublime speculation that can end in ecstasy or despair?

What is courage? Is it not a hazardous risk of fortune that can end in victory or defeat?

What is adventure? Is it not a blind leap in the dark that can end in joy or disaster?...

if I refuse to throw the dice, I am never really alive. I am then only flesh, baking in the sun on a middling plateau, with no view of the valley and no road to the peak.

### **Quote - Anne Lamott**

My coming to faith did not start with a leap but rather a series of staggers from what seemed like one safe place to another. Like lily pads, round and green, these places summoned and then held me up while I grew. Each prepared me for the next leaf on which I would land, and in this way I moved across the swamp of doubt and fear.

### **Quote - Faith Needs a Running Start, Rev. Nathan Detering**

From a sermon found at <https://s3-us-west-2.amazonaws.com/text-sermons/16Sep2018.pdf>

About 100 yards down, on a plateau that juts down and then out into that horizon, with an edge that leads to nothing but air... And there, there is a woman and she's forty feet from the edge, And then she begins to run! Oh my God! But it's ok, maybe, because in her hands is a bar and over her shoulders are the wings of a glider. And she's running, running, and just as she gets close enough to leap and a big breath of air pushes up the nose of her glider and pushes her back, Nearly on her back. So she backs up again, undeterred, and puts herself in her starting position, and seems to stare down the uncertain horizon, seems to say with her body: This is just a wee jump. And then she starts running, running and she gets closer and closer. But then she rears up, and pushes the nose down and, stops, right on the edge, her body seeming to say, are you sure? You trust these wings? You have faith in this air? But then she backs up again, more uncertain, but still undeterred, and puts herself in her starting position, and stares out into the open horizon and its invisible currents, her body seems to say: trust, trust, faith, faith. And she starts running, running, running and just as she gets closer. A big breath comes and pushes underneath the wings and lifts her body out into the open, trail-less, uncertain, scary, beautiful, Wild, empty, turbulent...twilight sky.

Friends, who I love, and I do love you, here's the thing: ...though I'm uncertain of much, and have more questions than answers, This I believe;

That on these edges and on these plateau's, the bars we hold onto are the hands we hold, and the wings over our backs is the community we create. And that together we can step back and get into the starting position that is this church year together.

That [together we can] start running, running to that edge....and leap. Maybe even with just a wee bit of faith.... That the breath of love will carry us through the messy, turbulent, beautiful, the wild, empty, uncertain horizon of our lives.

If you don't have faith, let us hold faith for you. If you don't know trust, let us hold trust for you. Together let's leave what's heavy behind...and fly.

## ***On Faith and Doubt***

### **Poem - The Edge of Doubt, Albert Huffstickler**

Full poem found at <http://www.ayearofbeinghere.com/2015/09/albert-huffstickler-edge-of-doubt.html>

There is always  
that edge of doubt.  
Trust it.  
That's where  
the new things come from...

### **Quote - [Anne Lammot](#)**

I have a lot of faith. But I am also afraid a lot, and have no real certainty about anything. I remembered something Father Tom had told me--that the opposite of faith is not doubt, but certainty. Certainty is missing the point entirely. Faith includes noticing the mess, the emptiness and discomfort, and letting it be there until some light returns.

### **Podcast - Rocked by Doubt, Radiolab**

<https://www.wnycstudios.org/podcasts/radiolab/segments/278114-faith-rocks>

On traveling the tightrope between doubt and certainty, and wondering if there's a way to make yourself at home on that razor's edge between definitely...and not so sure.

### **Quote - Sharon Salzberg**

The opposite of faith is not doubt. It's despair.

### **Quote/Scripture - Buddha, in the Kalama Sutta**

Do not believe anything just because I said it. Put it into practice. See for yourself if it's true.

### **Quote - [Sharon Salzberg](#)**

For me, faith has a lot to do with courage, and it's the courage to step forward into the unknown and, first of all, to admit that we don't know... to actually admit we don't know, and yet to say, "You know, I have the strength to go forward anyway... it's connecting to our own deepest strengths so that we're not defined by this circumstance we find ourselves in in any given day.

### **Talk - Dealing with Doubt, Sharon Salzberg**

<https://mindfulnessexercises.com/downloads/doubt/>

### **Podcast - Practicing Doubt, Redrawing Faith, On Being**

<https://onbeing.org/programs/adam-gopnik-practicing-doubt-redrawing-faith-dec2017/>

"Our ancestors acknowledged doubt while practicing faith, he says; we moderns are drawn to faith while practicing doubt..."

### **Quote - [Mary Gordon](#)**

I think faith without doubt is just either nostalgia or a kind of addiction. And I'm not interested in that.

## ***On Faith in the Midst of Pain & Struggle***

### **Quote/Prayer - [Valarie Kaur](#)**

In our tears and agony, we hold our children close and confront the truth: The future is dark. But my faith dares me to ask: What if this darkness is not the darkness of the tomb, but the darkness of the womb?

### **Quote (and song) - anonymous Jewish poem, [set to music](#) by Mark A. Miller**

I believe in the sun even when it's not shining;  
I believe in love even when I don't feel it;  
I believe in God even when he is silent.

### **Quote & Video - [Brene Brown](#)**

I thought faith would say, "I will take away the pain and the discomfort." But what it ended up saying is "I will sit with you in it."

Video at <https://mbird.com/2013/07/brene-brown-reflects-on-how-jesus-wept/>

### **Song & Video - All Will Be Well by Meg Barnhouse \***

<https://www.youtube.com/watch?v=ku06BiK0bWs>

**Online permission note:** Rev. Barnhouse grant's permission to use in UU worship but requests that the context to be shared with video. So please frame it with the story of Julian of Norwich, the medieval mystic who survived a rebellion and a plague and still held fast to her faith that God is love and all will be well.

**Related book and article:** <https://www.dailygood.org/story/2626/julian-of-norwich-wisdom-for-a-time-of-pandemic-and-beyond/>

### **Quote - [Anne Lamott](#)**

Faith includes noticing the mess, the emptiness and discomfort, and letting it be there until some light returns.

### **Book - Faith: Trusting Your Own Deepest Experience, Sharon Salzberg**

"Bestselling author Sharon Salzberg explores the meaning of faith through her personal story about a harrowing childhood of isolation and loss (a father's abandonment, a mother's early death) and her eventual journey into the Buddhist tradition. The overriding message, explains Salzberg, is that faith is "not superficial or sentimental: it does not say everything will turn out all right." So what is faith, if not trust in a happy ending? Salzburg, the cofounder of the Insight Meditation Society, explains that faith resides not in the outcome, but in the willingness to see the possibility for change."

### **Quote - [Rev. Josh Pawelek](#)**

I am a person of faith. There are truths on which I can rely. "I know my fear will burn away," not because I believe something for which I have no evidence, but precisely because there have been times when I have been fearful and vulnerable and weak and because there have been times when I have witnessed others—including many of you—confronting challenges far greater than any I have ever confronted and they—and you— have been fearful and vulnerable and weak; and in the act of acknowledging and accepting my fear, vulnerability and weakness—and in their act and your act of acknowledging and accepting fear, vulnerability and weakness— somehow, always, a next step emerges, a path emerges—we can go on—and in beginning to move along that path, fear burns away. This is my experience and I trust it.

### **Quote - [Martha Nussbaum](#)**

The condition of being good is that it should always be possible for you to be morally destroyed by something you couldn't prevent. To be a good human being is to have a kind of openness to the world, an ability to trust uncertain things beyond your own control, that can lead you to be shattered in very extreme circumstances for

which you were not to blame. That says something very important about the human condition of the ethical life: that it is based on a trust in the uncertain and on a willingness to be exposed; it's based on being more like a plant than like a jewel, something rather fragile, but whose very particular beauty is inseparable from its fragility.

**Poem - Wait, Galway Kinnell**

Full poem at <http://www.ayearofbeinghere.com/2014/10/galway-kinnell-wait.html>

Wait, for now.

Distrust everything, if you have to.

But trust the hours. Haven't they  
carried you everywhere, up to now?

**Poem - Trusting Grief, John O'Donohue**

Full poem at <http://www.ayearofbeinghere.com/2015/12/john-odonohue-for-grief.html>

When you lose someone you love...

It becomes hard to trust yourself.

All you can depend on now is that  
Sorrow will remain faithful to itself.

More than you, it knows its way...

## ***On Renewing Faith in Ourselves***

**Quote - [Author Unknown](#)**

A bird sitting on a tree is never afraid of the branch breaking, because her trust is not in the branch but in her own wings.

**Poem - Faith, by David Whyte**

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

...But I have no faith myself

I refuse it even the smallest entry.

Let this then, my small poem,

like a new moon, slender and barely open,

be the first prayer that opens me to faith.

**Interview/Quote - [From The Issue of Faith in a Non-theistic Religion](#)**

Norman Fischer: You seem to be saying, though, that it's not that you're confident in yourself, but that you see through yourself to something greater. In a way, faith in self and faith in other might in the end collapse into the same thing.

Sharon Salzberg: I think they would have to. Whether you're starting with the other or you're starting with yourself, ultimately it has to be about everybody.

**Podcast - The Psychology of Self Doubt, Hidden Brain**

<https://open.spotify.com/episode/7kE0mPMxDpenJFZiKf24Js?si=fYhagCg1TLOqDTp8Lgkew>

<https://hiddenbrain.org/podcast/the-psychology-of-self-doubt/>

### Talk - Faith In Ourselves, Sharon Salzberg

<https://mindfulnessexercises.com/downloads/faith-in-ourselves/>

#### Quote - Sharon Salzberg

To offer our hearts in faith means recognizing that our hearts are worth something, that we ourselves, in our deepest and truest nature, are of value.

#### Quote - Eugene H. Peterson

All the persons of faith I know are sinners, doubters, uneven performers. We are secure not because we are sure of ourselves but because we trust that God is sure of us.

## *On Renewing Faith in Each Other & The Practice of Joining Forces for the Common Good.*

#### Poem - The Low Road, Marge Piercy

Full poem at <https://www.historyisaweapon.com/defcon1/piercylowroad.html>

Spoken: <https://www.youtube.com/watch?v=zveWE6I3M2g>

Two people can keep each other sane...

A dozen make a demonstration...

A thousand have solidarity...

ten thousand, power...

it starts when you say We...

#### Book - [Utopia for Realists](#): How We Can Build the Ideal World, Rutger Bregman

"Utopia for Realists is one of those rare books that takes you by surprise and challenges what you think can happen... Universal basic income. A 15-hour workweek. Open borders. Does it sound too good to be true? One of Europe's leading young thinkers shows how we can build an ideal world today."

Related TED Talks [HERE](#) and [HERE](#)

#### Story - Rev. Douglas Taylor

A story I found tells of a little girl and her father crossing a bridge. The father was kind of scared, so he asked his little daughter: "Sweetheart, please hold my hand so that you don't fall into the river." The little girl said: "No, Dad. You hold my hand." "What's the difference?" asked the puzzled father.

"There's a big difference," replied the little girl. "If I hold your hand and something happens to me, chances are that I may let your hand go. But if you hold my hand, I know for sure that no matter what happens, you will never let my hand go."

#### Quote - [Martha Nussbaum](#)

Being a human means accepting promises from other people and trusting that other people will be good to you. When that is too much to bear, it is always possible to retreat into the thought, "I'll live for my own comfort, for my own revenge, for my own anger, and I just won't be a member of society anymore." That really means, "I won't be a human being anymore." You see people doing that today where they feel that society has let them down, and they can't ask anything of it, and they can't put their hopes on anything outside themselves. You see them actually retreating to a life in which they think only of their own satisfaction, and maybe the satisfaction of their revenge against society. But the life that no longer trusts another human being and no longer forms ties to the political community is not a human life any longer.

## ***On Faith Without Works***

### **Quote - [Anne Lamott](#)**

Faith without works is dead. It's just not nice to sit around — you can sit around in your prayer breakfast with all this faithy-faith and all this talking and thinking and 'hallelujahing' and it's nothing. It's nothing to God. I mean, I think it pisses God off.

### **Quote - [Steve Garnaas-Holmes](#)**

Beware the faith that does not trouble the world.  
Beware of the false prophets who judge the world  
but leave the powerful in their places...  
The love of power is always frightened  
at the power of love.  
Know this, and stay faithful.

## ***On the Future of Our Faith***

### **Quote - Rev. Dr. Natalie Fenimore**

*On the faithful expectation of the Unitarian Universalism that is yet to be*

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.

### **Book - [After the Good News](#), Nancy McDonald Ladd**

"Speaking from a rising generation of clergy and lay leaders who formed their commitments to liberal religion at the end of the optimistic modernist age, she shows how the religious life is not characterized by endless human advancement, but by lurching movement, crisis-management, and pain..."

### **Book - [Turning Point](#), Fred Muir**

"Outlining a bold vision for the future of Unitarian Universalism, 20 leaders issue a clarion call for change. In inspiring, fresh essays, they implore us to collectively liberate ourselves from patterns that prevent us from becoming a robust faith for a new age. Emerging from a history marred by the errors of individualism, exceptionalism, and anti-authoritarianism, Unitarian Universalism faces a crossroads. Turning Point shows a way forward..."

### **Quote - [Rev. Megan Foley](#)**

When we believe that we are supposed to be more, even when we aren't sure what the road to it will be like, that's how we show that we are a people of faith.

## ***On the Crumbling of Our American Faith in Democracy***

**Essay - The next US civil war is already here – we just refuse to see it**

<https://www.theguardian.com/world/2022/jan/04/next-us-civil-war-already-here-we-refuse-to-see-it>

**Article - Is a Civil War Ahead?**

<https://www.newyorker.com/news/daily-comment/is-a-civil-war-ahead>

“On January 6, 2021..., we ceased to be a full democracy. Instead, we now inhabit a liminal status that scholars call “anocracy.” That is, for the first time in two hundred years, we are suspended between democracy and autocracy. And that sense of uncertainty radically heightens the likelihood of episodic bloodletting in America, and even the risk of civil war...”

**Podcast - The Herd Mentality, The Daily**

<https://podcasts.apple.com/us/podcast/the-daily/id1200361736?i=1000546990069>

**Article - ‘Unthinkable’ twin traumas, New York Times**

<https://www.nytimes.com/2022/01/06/us/politics/jamie-raskin-unthinkable-jan-6.html>

“The Republican Party is no longer operating like a modern political party,” Raskin said. “It is operating much more like a religious and political cult, under the control of one man.”

## ***On The Great Resignation and Losing Faith in the American Dream***

**Podcast - Welcome to the ‘Take This Job and Shove It’ Economy, The Ezra Klein Show**

<https://podcasts.apple.com/us/podcast/welcome-to-the-take-this-job-and-shove-it-economy/id1548604447?i=1000525988260>

**Article - Workism Is Making Americans Miserable**

[https://www.theatlantic.com/ideas/archive/2019/02/religion-workism-making-americans-miserable/583441/?utm\\_name=onboarding&utm\\_source=pocket\\_mylist](https://www.theatlantic.com/ideas/archive/2019/02/religion-workism-making-americans-miserable/583441/?utm_name=onboarding&utm_source=pocket_mylist)

“Our desks were never meant to be our altars. The modern labor force evolved to serve the needs of consumers and capitalists, not to satisfy tens of millions of people seeking transcendence at the office. It’s hard to self-actualize on the job if you’re a cashier—one of the most common occupations in the U.S.—and even the best white-collar roles have long periods of stasis, boredom, or busywork. This mismatch between expectations and reality is a recipe for severe disappointment, if not outright misery, and it might explain why rates of depression and anxiety in the U.S. are “substantially higher” than they were in the 1980s, according... A culture that worships the pursuit of extreme success will likely produce some of it. But extreme success is a falsifiable god, which rejects the vast majority of its worshippers. Our jobs were never meant to shoulder the burdens of a faith, and they are buckling under the weight...”

**Article - What the Great Resignation Tells Us About Our Flawed Work Culture—and How We Can Reimagine It**

“The phenomenon is an indictment of a work culture that isn’t just tough, it’s unsustainable. And it’s not the kind of exhaustion, overwork, disillusionment, or change in priorities that can be cured with a couple days off and an out-of-office message. While for some, quitting comes with relief and the promise of reinventing life in conditions that aren’t so beholden to work, for others, the decision to quit or not is a reminder of how tethered work is to life—to healthcare, to living conditions, to any idea of security. The flood of personal decisions to leave jobs is a symptom of systemic problems with work’s hold on people’s lives. And it’s a sign that the way we work needs to be dramatically reimaged...”



# 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 sermon *texts* 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.

### You Never Know

Rev. Victoria Safford

Audio & text: <https://whitebearunitarian.org/you-never-know-10-08-18-sermon/>

*On a faithful and expectant hope that can't be sustained on one's own...*

Excerpt: "Faith feels like the most private solitary thing, but it's not. It's communal and contagious... Faith is what our hands hold all together, when none of us is strong enough to hold on by ourselves."

### Keeping Faith

Rev. Victoria Safford

Audio & text: <https://whitebearunitarian.org/keeping-faith-10-21-18-sermon/>

### Born of Bright Faith

Rev. Gretchen Haley

<https://revgretchenhaley.wordpress.com/2014/09/21/born-of-bright-faith/>

"Most of us recognize this kind of moment – the hope of finally blossoming after holding our lives tight in a bud... we respond with yes, despite no new evidence, no change in fact of circumstances... we follow it through. This is faith."

### In What Shall We Trust?

Rev. Mark Ward

<https://uuasheville.org/in-what-shall-we-trust-audio-only/>

### A House of Hope

Rev. Jay Wolin

<https://jwoworld.blogspot.com/2012/09/a-house-of-hope.html>

"And that is a key to hope. It is forever connected to trust. First and foremost we have to trust in the universe that there is a purpose to our existence. But even more importantly, even if there is no purpose, we have to trust each other..."

## **Featured Preacher Bios & Contact Information**

**Rev. Victoria Safford**

**Bio & Contact info:** <https://whitebearunitarian.org/ministers-and-staff/>

**Rev. Gretchen Haley**

**Bio & Contact info:** <https://foothillsuu.org/whos-who/>

**Rev. Mark Ward**

**Bio & Contact info:** <http://uucadighist.org/reverends-of-the-church/>

**Rev. Jay Wolin**

**Bio & Contact info:** <https://www.uucqc.org/minister.html>

# Closing Words

## **Practice Trust, Marilyn McEntyre**

Full poem and closing words at

<http://www.ayearofbeinghere.com/2013/12/marilyn-mcentyre-what-to-do-in-darkness.html>

Go slowly...

Practice trust

Watch for dawn.

## **Coming Home, Fred Lamotte**

When times are dark  
the way becomes clear.

Trust in your breath.

Rest in your heart.

Bow to the stranger.

This is the gospel of astonishment.

If we are completely lost

we come home

to each other.

## **All Shall Be Well, Rev. Scott Tayler \***

Based on Meg Barnhouse's lyrics, <https://www.youtube.com/watch?v=f9LwCtOm4nk>

Permission secured by Soul Matters

May we go out today

with a trust in the tenderness that so often arrives to hold us in our pain

with a faith in love that never ends and never lets us go,

With a confidence in the courage that arises from within but often not of our own doing,

remembering and believing that

"All will be well, and all will be well, all manner of things will be well."

Amen

## **A First Step Faith, Rev. Scott Tayler \***

Based on the words of MLK: "Faith is taking the first step even when you can't see the whole staircase."

Permission secured by Soul Matters

Go with faith,

not the kind that is called to move mountains,

but the quieter sort

that calls us to take the first step

even when the whole staircase sits beyond our view.

And as we stride toward the unseen

may we notice that the way unfolds only as we risk walking it

and may we remember and trust

that none of these steps are ones we take alone.

Amen

# 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**

© 2021-22 Soul Matters ALL RIGHTS RESERVED

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

Learn how to join at

<https://www.soulmatterssharingcircle.com>