



# firstunitarian church of rochester

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## Our Monthly Worship Theme

*March 2018 Worship Theme:  
Paradox*

***As UUs, how do we find spiritual connection through paradox?***

I have two favorite quotes. The first is by Albert Einstein.

“There are only two ways to live your life.

One is as if nothing is a miracle.

The other is as if everything is a miracle.”

The second quote, I see often on social media but I can’t find who originated it. It simply says,

“Relax, nothing is under control!”

Both of these oddly bring me comfort. And I think that may be because, or perhaps why, I am a Unitarian Universalist.

Our faith calls us to explore the uncertainties of life and live into its contradictions. It calls us to be comfortable with ambiguity, so that we may grow and learn from our experiences and our relationships. It also calls us to tackle complex and often paradoxical social issues personally and as a religious community, so we can promote the common good and deepen our faith in humanity.

This month’s worship theme is Paradox. Our question, ***As UUs, how do we find spiritual connection through paradox?***

Friends, some paradoxes are easier than others to wrestle with, and I suspect those will be different for each of us. Uncertainty can be extremely uncomfortable and challenging

As we worship together this month, and as we meet in our small groups, let’s give one another space and support to dig deep into the paradoxes in which we live.

In faith,  
Tina