



Our Monthly Worship Theme

*February 2018 Worship Theme:
Soul*

As UUs, how do we find spiritual connection through our Soul?

In her poem *Maybe*, Mary Oliver tells us... "Nobody knows what the soul is, it comes and goes like the wind over water."

As Unitarian Universalists, we sometimes struggle with this word, Soul. We try to define it, and understand its purpose in our lives. Yet here in our church, we often use it. Soul Matters is the core of our Adult Spiritual Development program, and the Soul Assembly is the name of our Saturday worship. On some level, we have decided it's important and necessary for our spiritual life.

Parker Palmer in *The Hidden Wholeness* tells us that even if we cannot know what the soul is, we can name the functions of the soul just as we can name the functions of the wind.

- The soul wants to keep us rooted in the ground of our own being, resisting the tendency of other faculties, like the intellect and the ego, to uproot us from who we are.
- The soul wants to keep us connected to the community in which we find life, for it understands that relationships are necessary if we are to thrive.
- The soul wants to tell us the truth about ourselves, our world, and the relation between the two, whether that truth is easy or hard to hear.
- The soul wants to give us life and wants us to pass that gift along, to become life-givers in a world that deals too much death.

This month our worship theme asks us, "How do we find spiritual connection through our Soul?" Together we will explore its place and meaning in our individual and collective lives. We will learn together how to care for it, how it becomes broken or harmed, and how it is mended. May our journey bring the warmth your soul needs in these cold winter days.

In faith,
Tina