Countercultural Faith

As a faith in the 21st century, Unitarian Universalism is countercultural in many different ways. Sure, on the surface we may look like a mainstream bunch of mostly white, mostly middle class, mostly well-educated bunch of people. We are also non-credal and non-doctrinal, meaning "we" don't tell "you" what to believe and we certainly don't claim to have the only Truth with a capital T. And as a rule, we ask more questions than the average American, and tend to put more value on critical thinking than use about anything else. Our consumer patterns are driven mostly by values, not comfort, convenience or trendiness.

Over the last few years, as I have thought about how to celebrate Chalice Days, I've done my best to come up with new traditions that aren't simply variations on the existing traditions of other faiths. There's nothing new in the world, so of course everything we do reminds us of something else, but we have our reasons for doing what we do, rooted in our faith, our practices, our values.

On Sunday, after the service, I talked with Aline about how our households celebrate the week, and something surprising occurred to me. Because "we eat beans to be in solidarity with people around the world who have no other choice," I found I just generally ate healthier. Our Wednesday night dinner, with all those amazing desserts, it felt like a sustainable meal, not an out-of-control feast. At the end of the week, I found I had lost weight. I can guarantee you that has never happened to me before during the mainstream American holiday season I have come to think of as "Pumpkin Spice."

I don't put a lot of value on the number on the scale, but it can be an indication of something. And this week, that number is a manifestation of the reflective nature of the weeklong celebration. It encouraged in me an even greater mindfulness. While celebrating.

That shouldn't be surprising. But it *is* surprising.

What did you notice about your week? I'd love to hear from you.

In Peace,
Rev Denis