Third Sunday Gathering of Inspirations (Resistance)
February 15, 2026

Check-in

Chalice Lighting:
"A Reminder of What We Share," by By Pat Uribe-Lichty

The chalice is a symbol of our faith:
Like our faith, it is not magic
nor is it mysterious.
We light it
as a reminder of what we share
as a community
and of who, each of us, is called to be.

When we feel lost in a chaotic world
May the light of our chalice show us our path.
When we are afraid of the times we live in
May the light of our chalice give us courage.
When we despair at the injustice and cruelty around us
May the light of our chalice recall us to a faithful hope.

Our chalice is a symbol
of our commitment to each other
and to ourselves.
We light it today
as a gathered community
that we may understand more completely
and act more boldly
and hope more fiercely.

Psychological and spiritual resources for resisting injustice involve building inner resilience through practices like mindfulness, prayer, meditation, and connecting with nature, ancestors, or community, while also engaging in compassionate action, advocacy, and community service to sustain oneself emotionally, find purpose, and maintain hope without succumbing to burnout or hatred, using faith or deep values as a guiding strength for long-term engagement.

Psychological Resources (Inner Strength & Coping)

- Basic self-care (sleep, nutrition, and water) is crucial; creative expression offers diversion and grounding.
- Physical Activity: Exercise releases stress and provides physical benefits.
- Mindfulness & Presence: Practices like meditation and deep breathing help activists remain grounded, preventing them from being consumed by "collective energy" like anger or despair.
- Emotional Processing: Allow yourself to feel uncomfortable emotions (anger, grief) but pair them with self-nurturing to affirm your worth and channel feelings into action.
- Emotional Safety Planning: Developing a plan to manage triggers and microaggressions can protect long-term mental health.
- Therapy & Support: Connect with counselors, therapists, or support groups (like healing circles) to process trauma and stress from activism.
- Setting Boundaries: High-impact activism requires knowing when to "unplug" from mass media and social stressors to preserve your ability to keep fighting.

Spiritual Resources (Purpose & Connection)

- Prayer & Meditation: Seek guidance, find inner peace, or use mantras for calming in stressful moments.
- Connection to Nature & Ancestors: Find solace and grounding in nature, and draw strength from historical narratives and ancestral wisdom.
- Community & Shared Values: Engage with faith communities, volunteer, or find spiritual/holistic healers for support.

- Spiritual Texts & Narratives: Draw wisdom from sacred texts or stories that emphasize justice, compassion, and hope.
- Lament and Prayer: Many traditions use "lament" to honestly express sorrow and anger to a higher power, which can be a cleansing alternative to suppressed rage.
- Sacred Rituals: Simple acts like lighting candles, chanting, drumming, or connecting with ancestors serve as self-regulation tools for trauma survivors.

Integrating Psychology & Spirituality for Action

- Resistance with Love: Practice nonviolence by firmly resisting injustice
- Service as Spiritual Practice: Volunteering, helping others on their journey, and engaging in community service deepen your spiritual mindset and connection.
- Mindful Rage: Acknowledge anger and fear but use mindfulness to transform them into brave, clear-headed action, rather than letting them control you.
- Reframing Thoughts: Psychologists suggest focusing on what you can control rather than ruminating on the vastness of unfairness, which can lead to "obsessive thinking" and energy drain.
- Hope & Vision: Develop alternative narratives and visions of justice to counter despair and fuel sustained action.

Practice of Generosity + Black Pepper Cake

Closing Words: “Let Our Lives Be a Prayer,” by Joel Miller

Let our lives be a prayer
That waters dry souls
Mends broken hearts
Refuses to be terrorized
Seeks this world’s beauty
And carries us through its storms.