



soulMatters

The Path of Change



Worship Research

November 2022

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About Online Permissions, Multi-Platform Support & Referencing Resources

Once again, we're supporting multi-platform worship by researching and noting material that is permissioned for online use. We will identify those online permissioned pieces with an asterisk by the title of the suggested resource, as well as with "permission notes" beneath the title information that document the source of that online permission.

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 to you is theme-based *curation* and *research*, done in the service of saving professionals 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

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

November 2022

Interfaith:

- [All Saints Day](#) (Christian) - Nov. 1 (more [here](#))
- [All Souls Day](#) - Nov. 2 (more [here](#) and [here](#))
- [Samhain](#) (Wiccan) - Oct. 31 - Nov. 1 [[more](#)]
- [Advent](#) (Christian) Nov. 27 -Dec. 24, 2022 (more [here](#) and [here](#))

Unitarian Universalist:

- [James Luther Adams](#) birthday - Nov. 12 [[more](#)]
- [Francis David](#) died in prison on Nov. 15 (1579) (more [here](#))

National Holidays & Cultural:

- [Native American Heritage Month](#)
- Alzheimer's Awareness Month
- [Dia de Los Muertos](#)/Day of the Dead - Oct.31 - Nov. 2
- Carol Moseley Braun became the 1st African American woman elected to the US Senate - Nov. 3, 1992
- U.S. Elections - Nov. 8, 2022
- James Weldon Johnson & J. Rosamond Johnson composed "Lift Ev'ry Voice and Sing" - Nov. 6, 1900
- Birthday of [Dorothy Day](#) - Nov. 8 (1897)
- [Veterans Day](#) - Nov. 11
- [Remembrance Day](#) (Canada) - Nov. 11 (observed Nov. 12)
- U.S. Supreme Court ruled that racial segregation on public buses was unconstitutional - Nov. 13, 1956
- [Jamar Clark](#) is shot by police in Minneapolis - Nov. 16, 2015
- [Transgender Day of Remembrance](#) - Nov. 20 [[more](#)]
- [National Day of Mourning / Thanksgiving Day](#) - Nov 24, 2022
- [Tamir Rice](#) is shot by a police officer after carrying a toy gun in Ohio - Nov. 23 (2014)
- Grand jury decision not to indict Officer Darren Wilson for the killing of Michael Brown, sparking protests in Ferguson and cities across the U.S., including Chicago, Los Angeles, New York, and Boston. - Nov. 24 (2014)
- [Origin of Species](#) published & [Evolution Day](#) - Nov. 24
- Black Panther Party [founded](#) - [Late Nov](#) (1966), exact day in Nov. varies among sources

For Fun and On the Fringe:

- "Sesame Street" first aired on PBS - Nov. 10, 1969
- Birthday of Russian writer Fyodor Dostoevsky - Nov. 11, 1821
- Birthday of Elizabeth Cady Stanton -Nov. 12, 1815
- World Kindness Day - Nov. 13
- Birthday of artist Georgia O'Keeffe - Nov. 15, 1887
- [Buy Nothing Day](#) - Nov. 29

Chalice Lightings & Opening Words

Why We're Here, Rev. Erik Walker Wikstrom *

Full piece at <https://www.uua.org/worship/words/chalice-lighting/why-were-here>

[Permission Source](#)

May we hear so that we can feel;
May we feel so that we can know; and
May we know so that we can change ourselves and this world...

Hoping, Trusting for So Many Things, Rev. 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...
For connection, for communion...
For healing, for wholeness...
Let us be willing... however we are changed.

Thresholds, Arlen Goff *

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

[Permission Source](#)

How will we be renewed in this moment?
How will we be changed by this hour?
How will we be transformed through this
gathering of beloved community?
Come, you longing, thirsty souls!...

Nurture This Precious Light, Rev. Naomi King *

Full piece at <https://www.uua.org/worship/words/reading/184317.shtml>

[Permission Source](#)

...As we nurture this precious light together, we become a light of hope turning isolation into community, anguish into peace, sorrow into joy...
As we do, our faith burns a steady flame of innovation banishing illusion, creating a new and renewing way together...
Together, we turn this world from bleak to bright...

When I Change, Ma Theresa "Tet" Gustilo Gallardo *

Full piece at <https://www.uua.org/worship/words/opening-invocation-responsive-reading-opening-invocation-responsive-reading-litany>

[Permission Source](#)

We are here to feel our personal power and our capacity to affect the lives of other people...
We are here to become teachers to each other...
We are here to spend time away from the usual influences and re-learn reality...
All: When I change, the world changes...

Change Is, Rev. Dr. David Breedon *

Permission secured by Soul Matters

It's the only constant
and all that, change is.
It's the passing of things.

It is the passing of all things,
change is.
It is the becoming of all.

It is a parade,
this change is.
It is a dance,
this change is.

It is the river
and the stepping
that's never twice.

It is the tragedy
of all that was,
this change is.

It is the fear
of all that is,
this change is.

It is the hope of
what may be yet,
this constant,
this change.

This ice
to water.
This day
to eternity.

Come to the river.
Step. Step. Step.

In Honor of First Steps *

Rev. Scott Tayler

Permission secured by Soul Matters

We light this chalice in honor of first steps.
For beginning even when the path ahead is unclear.
For the courage it takes to trust

 that the way will reveal itself
 that light will come to clarify our vision
 that friends will be by our side.

May the words, song, stillness and common breath of this hour,
remind us that every step of the way
is never one we take alone.

Meditations, Prayers & Blessings

Prayer of Co-Creation, Rev. Lyn Cox *

Full piece at <https://www.uua.org/worship/words/prayer/prayer-co-creation>

Permission Source

Thank you for the breezes of change, clearing our heads and bringing fresh ideas. May they cleanse our minds of the oppressions and isms that divide us.

Thank you for the flame of hope, the heat of righteous anger, the warmth of compassion, and the fire of commitment. May they bubble the cauldrons of transformation...

Prayer for the Journey *

Rev. Krista Taves

Full piece at <https://www.uua.org/worship/words/prayer/prayer-journey>

Permission Source

It is our calling to accept these things as a testament to our strength and our fragility, and to trust in the process, even as we fear the unknown, even as whispers of beloved memories draw us deep into our own hearts, even when we see more clearly where we have come from than where we are going. The journey asks us to keep walking...

The Heart of Both-And *

Rev. Lyn Cox

Full piece at <https://www.uua.org/worship/words/prayer/heart-both-and>

Permission Source

Spirit of Life, ever adapting and renewing, we come together this morning with yearnings that do not match: We yearn for stability, for even one moment of feeling like we know what is going on... Yet we also yearn for change... Hold us in the heart of Both-And. Cradle us in the mystery...

Disturb Us, Francis Drake

Disturb us, Lord, when

We are too pleased with ourselves,

When our dreams have come true

Because we dreamed too little,

When we arrived safely

Because we sailed too close to the shore.

Disturb us, Lord, when

with the abundance of things we possess

We have lost our thirst

For the waters of life;

Having fallen in love with life,

We have ceased to dream of eternity

And in our efforts to build a new earth,

We have allowed our vision

Of the new Heaven to dim.

Holy is this place, Rev. Maureen Killoran *

Full piece at <https://www.uua.org/worship/words/meditation/holy-place>

Permission Source

Holy are the places of change and pain,
the places of our struggle,
where the rivers of our lives run white and fast,
and we hold on, hold on and grow. . .

In Between, Rev. Kate R. Walker *

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

Permission Source

Liminality, a letting go...
Identity sheds a layer, reaches into something uncomfortable to wear...
In between, storm predicted, the horizon beacons...

The Butterfly Effect

Rev. Theresa I. Soto

Found in [Spilling the Light](#), UUA meditation manual & Soul Matters “[Common Shelf](#)” Book

Bring Us Close to the Earth, Rev. Lyn Cox *

Full piece at <https://www.uua.org/worship/words/meditation/prayer-union>

Permission Source

Help us to piece together
Our one-ness with matter,
Our one-ness that matters...
May we rise, star-stuff walking and rolling
Across the surface of an impossible blue-green planet.
May we join together to heal what is divided...

A Prayer for Desert Times, Rev. Margaret A Keip *

Full piece at <https://www.uua.org/worship/words/meditation/prayer-for-desert-times>

Permission Source

The journeys of our lives are never fully charted. There come to each of us deserts to cross...

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. Here's the link: <https://www.facebook.com/search/top?q=soul%20matters%20musicians%20support>
- 3. Recordings of all of our monthly music brainstorming calls** are available at <https://drive.google.com/drive/folders/1pHuVaUqAnNPIW9dis3Tz31B4eGxdxebl?usp=sharing>
- 4. 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.
- 5. 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 November 2022 - Change 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](#))

56 - Bells in the High Tower
183 - The Wind of Change Forever Blown
191 - Now I Recall My Childhood
281 - O God, Our Help in Ages Past
359 - When We Are Gathered

Songs of Thanks

21 - For the Beauty of the Earth
32 - Now Thank We All Our God
53 - I Walk the Unfrequented Road
67 - We Sing Now Together
68 - Come Ye Thankful People
69 - Give Thanks
71 - In the Spring with Plow and Harrow (credit given to David Dawson)
128 - For All That is Our Life
349 - We Gather Together

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](#))

1015 - I Know I Can (permission granted - must give credit to Jeannie Gagne)

Hymns: Singing the Living Tradition - permissions needed

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

70 - Heap High the Farmer's Wintry Hoard (music & harmony: J. Fischer & Bros, One License)

205 - Amazing Grace (harmony: Abingdon Press, One License)

Hymns: Singing the Journey - permissions needed

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

1010 - We Give Thanks (words & music: permission granted with [one-time fee paid](#)

and credit given to "We Give Thanks" c. The Rev. Wendy Luella Perkins)

1074 - Turn the World Around (words & music: Next Decade Entertainment, CCS)

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
- *Turn, Turn, Turn* - Pete Seeger
- *The Times They Are A-Changin* - Bob Dylan
- *Change the World* - Eric Clapton
- *Rivers and Roads* - The Head and the Heart
- *Landslide* - Fleetwood Mac
- *Change* - Tracy Chapman
- *A Change Would Do You Good* - Sheryl Crow
- *Waiting on the World to Change* - John Mayer
- *Change* - Deftones
- *Imagine* - Beatles

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.

- [Be the Change - SATB, SA, SSA, TTBB - Jacob Narverud](#)
- [Corner of the Sky - SATB - J. Leavitt](#)
- [Change - SATB, SAB, 2-part - C. Puth, J. Taylor, Arr. Brymer](#)
- [Changes - SATB, SSA - Audrey Snyder](#)
- [Be the Change - SATB divisi, 2-part/SA - Laura Farnell](#)
- [Turn, Turn, Turn - SATB - Arr. Cormier](#)
- [How Long - SATB - Pepper Choplin](#)
- [I Seek a Journey - SATB - Gwen McCleod Hall](#)
- [Ordinary Miracles - SATB, SSA, SAB - Kirby Shaw](#)
- [Things Are Always Changing - SATB - Kupferschmid](#)
- [Imagine - SATB - Lennon, Arr. Emerson](#)
- [Lord I Know I been Changed - SATB - B. More](#)

Instrumental/Handbell

- [Corner of the Sky - piano - Schwartz](#)
- [Changes - piano - D. Bowie](#)
- [Change the World - piano - Eric Clapton](#)
- [Winds of Change - piano - M. Leaf](#)
- [Turn, Turn, Turn - piano - Lana](#)
- [Ringing Changes - handbells - McCleary](#)

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](#))

- ["I Have Decided \(YouTube\),"](#) written and played by Dave Rowe based on the quote from Rev. Dr. Martin Luther King, Jr.: "I have decided to stick with love; hate is too great a burden to bear." Please visit Dave's [virtual tip jar](#) to make a love offering
- ["Song of Gratitude \(YouTube\),"](#) written and played by Dave Rowe. Please visit Dave's [virtual tip jar](#) to make a love offering
- ["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, Kiana Williams, Brandon Hornsby-Selvin, and Candice Helfand-Rogers). Adam's PayPal ID: adampodd@gmail.com/Venmo: @adampodd

- [Change - Sharon Scholl](#) - 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.

But Wait, There's (a bit) More...

Please see individual citation preferences/donation opportunities.

- From [The Justice Choir Songbook](#)
 - #5 - Be the Change
 - #15 - Lift Every Voice and Sing

November choral suggestions from our choral music library from the music team of UU Church of Nashua, NH

Man In the Mirror (Glen Ballard)

"I'm telling him to change his ways"

<https://www.jwpepper.com/Man-in-the-Mirror/10278803.item#.YwEiwhzMJPY>

How Long? (Pepper Choplin)

How long must we wait for change?

<https://www.jwpepper.com/How-Long%3F/10276286.item#.YwEjhRzMJPY>

I Seek a Journey (Gwen McLeod Hall)

"I seek a journey, strangely new"

<https://www.jwpepper.com/I-Seek-a-Journey/3298250.item#.YwEj8BzMJPY>

Ordinary Miracles (Marvin Hamlisch)

"Change can come on tip toe... one day at a time, change begins with you and me..."

<https://www.jwpepper.com/Ordinary-Miracles/10364763.item#.YwEkQBzMJPY>

Things Are Always Changin' (Steven Kupferschmid)

<https://www.jwpepper.com/Things-Are-Always-Changing/1488717.item#.YwElnBzMJPY>

(out of print)

Imagine (John Lennon)

https://www.jwpepper.com/Imagine/3295496.item#.YwEl_hzMJPY

Lord, I Know I Been Changed (Bruce More, arr.)

<https://www.jwpepper.com/Lord-I-Know-I-Been-Changed/3277316.item#.YwEmvhzMJPY>

Extra, Extra!!!

Read All About: This NPR article on [Forgotten Female Composers](#)* and how this new label is bringing them to the forefront and making sure it doesn't happen again.

Stories For All Ages

Creature of Habit by Jennifer Smith

A story about a creature of habit whose routine suddenly gets disrupted by the unexpected arrival of a new friend.

Book: <https://www.amazon.com/Creature-Habit-Jennifer-Smith/dp/0593173058>

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

Change Sings; A Children's Anthem by Amanda Gorman

This anthem is a musical journey about a call to action for everyone to use their abilities to make a difference.

Book: [Change Sings: A Children's Anthem by Amanda Gorman and Loren Long](#)

Sankofa Read Aloud: <https://www.youtube.com/watch?v=Tx-AQQ-6hdI>

Sung Aloud version: <https://www.youtube.com/watch?v=F7WhXUj9SPs>

The Tale of the Three Sisters - A Native American tale from many sources

The tale describes the way many indigenous peoples grew corn, squash and beans together. See if you can tell which sister represents corn, which sister represents beans and which sister represents squash.

Ganondagan Online story: [HERE](#)

Video with Felt Figures: <https://www.youtube.com/watch?v=nXPfH5k08R0>

Everything is Connected by Jason Gruhl

Being connected means that we need to live as if we impact the earth. Listen to this story about how we are part of the web of life, our 7th UU principle.

Book: [HERE](#)

Video Read Aloud: https://www.youtube.com/watch?v=UcCJ3_d85eE

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.

Readings: We do not designate pieces that can be used as readings before your sermon, however we do make an intentional effort to include a significant number of sermon seeds that are longer and can be used as sermon readings.

On The Path of Personal Change & the Quiet Seeds of Change Calling Us to a New Self

Quote - Anais Nin

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

Poem - Sprout, Sue Ludwig

Full poem at <https://christinekane.com/sprout/>

“I am in search of my life.
Not the one I was dealt,
but the one I want to have...”

Quote - Leslie Jamison

I believe in waking up in the middle of the night and packing our bags and leaving our worst selves for our better ones.

Book - Personality Isn't Permanent, by Benjamin Hardy

- Reviews: <https://mike-follent.medium.com/a-book-review-of-personality-isnt-permanent-by-benjamin-hardy-a-case-for-human-autonomy-fc71409d9e61>
- <https://kellyschuknecht.com/2021/01/21/book-review-personality-isnt-permanent-by-benjamin-hardy-ph-d/>

Reflection - Becoming Ourselves, Rev. Amanda Poppei

Full piece at <https://www.uua.org;braverwiser/becoming-ourselves>

In the “growing” time of my life, my soul experienced something like the growing pains I remembered in my legs as a child. I became a minister; a mother; a middle-aged person. It’s usually been uncomfortable, and almost always inconvenient. The old me seemed fine, the one I was just yesterday; why bother with all this shifting? And yet when I come out the other side, I invariably think, Ah yes: this is the me I was supposed to become. This is who I am. Until next time. Who is it going to be?

Podcast - How to Change

<https://scottbarrykaufman.com/podcast/katy-milkman-how-to-change/>

So many sermon seeds in this!!

For a New Beginning

John O Donahue

Full poem at <https://aaronmonts.com/for-a-new-beginning/>

“This beginning has been quietly forming
Waiting until you were ready to emerge...”

Quote - Rev. Karen K. Johnston

Psychic or spiritual thresholds are not known for their grand entrances... Spiritual thresholds are not even necessarily known by their size. They are known, I think, by their quality. It's almost as if the air is different. An electricity? An intensity? A vibration? Certainly, it's invisible to the naked eye, but it's there, the change, the shift, the entrance, ready to be sensed and engaged.

Poem - Last Night, Antonio Machado

Text: <https://allpoetry.com/Last-Night-As-I-Was-Sleeping>

Spoken & Video meditation: <https://www.youtube.com/watch?v=mNfSKMINquE>

“Last night as I was sleeping, I dreamt—marvelous error! —
that I had a beehive here inside my heart...
making white combs and sweet honey
from my old failures...”

Poem - Rumi's Guest House: Three Versions of a Spiritual Text

<https://www.patheos.com/blogs/monkeymind/2021/06/rumis-guest-house-three-versions-of-a-spiritual-text.html>

On being changed by the unexpected and the difficult

Quote - Heather Warman

For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction.

Quote - Alfred North Whitehead

The art of progress is to preserve order amid change, and to preserve change amid order.

Quote - Vinita Gupta

I've taken a nontraditional approach and navigated through my career by asking myself the following questions frequently: Am I happy? Am I making progress? Am I content? If the answer is “No” to any of these, I start making changes.

Poem - You Must Change Your Life, Richard Terrill

<https://www.garrisonkeillor.com/radio/twa-the-writers-almanac-for-november-13-2020/>

what you always
did don't do
write with the wrong
hand
write with the left
side of the brain...
play the changes
for a change...

On the Change We Call Loss & the Work of Letting Go

Quote - William Bridges

Much as we may wish to make a new beginning, some part of us resists doing so as though we were making the first step toward disaster... We resist transition not because we can't accept the change, but because we can't accept letting go of that piece of ourselves that we have to give up when and because the situation has changed.

Book - Transitions: Making Sense Of Life's Changes, William Bridges

https://www.amazon.com/dp/B004ZY23TS/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Quote - Ellen Goodman

There's a trick to the Graceful Exit, I suspect. It begins with the vision to recognize when a job, a life stage, a relationship, is over and to let it go. It means leaving what's over without denying its validity or its past importance in our lives... It's hard to learn that we don't leave the best parts of ourselves behind, back in the dugout or the Capital or the office. We own what we learned back there, the experience and the growth are grafted onto our lives. And when we exit, we can take ourselves along.

Reflection - Reluctant Goodbyes, Rev. Kaaren Anderson *

Full piece at <https://www.uua.org/worship/words/reading/110045.shtml>

Permission secured by Soul Matters

"I hate goodbyes. I hate everything about them. It bothers me that "goodbye" isn't really what I think we most often want to say. When those I love leave me, or I leave them, goodbye isn't what I want to say. I want to tell them that their warm hand on my cheek, which caught my desperate tears, made me feel whole once again. I want to tell them that without their quick giggle and tender words, my life can feel lonely..."

Podcast - The Science of Quitting

<https://www.pushkin.fm/podcasts/a-slight-change-of-plans/the-science-of-quitting>

On why quitting is the hardest - and maybe most needed - path to positive change.

Quote - Trent Shelton

That broken thing you keep trying to put back together is keeping your life from that beautiful thing that is waiting to be built.

On the Challenge of Changing our Minds

Quote - Adam Grant

Every time we encounter new information, we have a choice. We can attach our opinions to our identities and stand our ground in the stubbornness of preaching and prosecuting. Or we can operate more like scientists, defining ourselves as people committed to the pursuit of truth—even if it means proving your own views wrong.

Quote - John Kenneth Galbraith

Faced with the choice between changing one's mind and proving that there is no need to do so, almost everyone gets busy on the proof.

Articles - I Was Wrong

<https://www.nytimes.com/interactive/2022/07/21/opinion/nyt-columnists-i-was-wrong.html>

Eight Times Opinion columnists revisit their incorrect predictions and bad advice — and reflect on why they changed their minds.

Reflection/Sermon - Changing Our Minds, Rev. Tamara Lebak

<https://www.youtube.com/watch?v=3ScrlTCMQLI>

<https://www.youtube.com/watch?v=NXn6UffajBQ>

<https://www.youtube.com/watch?v=M--SSRXelZs>

Article - Why Facts Don't Change Our Minds

<https://www.newyorker.com/magazine/2017/02/27/why-facts-dont-change-our-minds>

Podcast - Facts Aren't Enough: The Psychology Of False Beliefs, Hidden Brain

<https://www.npr.org/2019/07/18/743195213/facts-arent-enough-the-psychology-of-false-beliefs>

TED Talks - Changing Our Minds, TED Radio Hour

<https://www.npr.org/programs/ted-radio-hour/1056207681/changing-our-minds>

On Our Resistance to Change

Quote - unknown author

I hate when things have to die that I mistook for myself.

Poem - Letter from Our Better Angels, Sean Parker Dennison

Found in [Breaking and Blessing](#), UUA meditation manual & Soul Matters “[Common Shelf](#)” Book

“We would be even more pleased
if it could be arranged
for us to become better people
without needing to change...”

Poem - Letter from Our Better Angels, Sean Parker Dennison *

Full piece at <https://www.uua.org/worship/words/poetry/letter-our-better-angels>

Permission Source

“Dear One,
We have received your letter
and we hate to tell you—
not hate so much, but are a bit afraid to say—
we cannot grant your requests as stated,
but can only remind you of familiar things...”

Quote - Joseph B. Wirthlin

Those who stand at the threshold of life always waiting for the right time to change are like the person who stands at the bank of a river waiting for the water to pass so they can cross on dry land.

Quote - James Baldwin

Not everything that is faced can be changed, but nothing can be changed until it is faced.

Quote - John Gottman & Nan Silver

It's a fact that people can change only if they feel they are basically liked and accepted as they are. When people feel criticized, disliked, and unappreciated, they are unable to change. Instead, they feel under siege and dig in to protect themselves.

Quote - Carl Rogers

The curious paradox is that when I accept myself just as I am, then I can change.

Quote - Carl Jung

We cannot change anything unless we accept it. Condemnation does not liberate, it oppresses.

English proverb

I'll not change a cottage in possession for a kingdom in hope.

Poem - Let Them Not Say, Jane Hirshfield

Full poem at <https://poets.org/poem/let-them-not-say>

Let them not say: we did not see it.

We saw.

Let them not say: we did not hear it.

We heard...

Quote - James R. Flynn

An America in which everyone wants to win the glittering prizes of wealth and status will not pay onerous taxes (or show heroic virtue when tempted to seek special advantage) just so the competition can enjoy a level playing field. However, let us imagine that the value change needed to achieve equal opportunity has occurred: let us imagine what would happen were people to lose their obsession with money and status. Imagine a society in which the appreciation of beauty, the pursuit of truth, craft skills, being fit, companionship, personal traits like good humor and generosity, and so forth really counted for more than having an above average income and possessions.

Poem - I Am Afraid of Nearly Everything, Anonymous

Full piece at <https://www.uua.org/worship/words/prayer/i-am-afraid-nearly-everything>

...most of all, I am afraid of what I might become:

reconciled to injustice,

resigned to fear and despair,

lulled into a life of apathy...

On The Path of Social Change & the Many Ways to Travel it

Quote - Albert Einstein

The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.

Quote - Lao-Tse

If there is to be peace in the world,

There must be peace in the nations.

If there is to be peace in the nations,

There must be peace in the cities.

If there is to be peace in the cities,

There must be peace between neighbors.

If there is to be peace between neighbors,

There must be peace in the home.

If there is to be peace in the home,

There must be peace in the heart.

Quote - Rhonda Magee of "The Inner Work of Racial Justice"

We need an ecological approach to justice that includes inner work, interpersonal work, and intercultural systemic work—meaning, working within ourselves and between ourselves, and then working to change the systems that we're living in.

Quote - Soygal Rinpoche

Masters of all the religious traditions on earth now understand that spiritual training is essential not solely for monks and nuns but for all people, whatever their faith or way of life. The nature of spiritual development is intensely practical, active, and effective. The danger we are all in together makes it essential now that we no longer think of spiritual development as a luxury but as a necessity for survival.

Poem - The Low Road, Marge Piercy

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

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

How can you stop them?
Alone you can fight, you can refuse...
Three people are a delegation...
Thirteen makes a circle,
a hundred fill a hall.
A thousand have solidarity...
a hundred thousand,
a network of communities;
a million our own world...

Quote - Jason Merchey

You know you've changed your whole mental image about companionship and commitment when you use the pronouns "we" and "our" to describe items that were previously described by "my" and "I."

Jason Merchey

Quote - Howard Zinn

Missing from [history] are the countless small actions of unknown people that led up to those great moments. When we understand this, we can see that the tiniest acts of protest in which we engage may become the invisible roots of social change.

Quote - Howard Zinn

People are practical. They want change but feel powerless, alone, do not want to be the blade of grass that sticks up above the others and is cut down. They wait for a sign from someone else who will make the first move, or the second. And at certain times in history, there are intrepid people who take the risk that if they make the first move others will follow quickly enough to prevent their being cut down. And if we understand this, we might make the first move.

Article - What Your Body Has to Do With Social Change, adrienne maree brown

<https://www.yesmagazine.org/social-justice/2019/05/14/adrienne-maree-brown-social-change-body-pleasure-activism>

"One of the reasons the Generative Somatics approach works for me is that it is concerned about somatics as a collective way of understanding trauma and pain. It isn't about going away from the community to heal, which was the main way I had experienced healing work prior to somatics. It isn't about being a special "healer" who is apart from community. Generative Somatics feels into how, in a collective or group, patterns of pain can indicate the mass, or intergenerational, trauma people are surviving. And how each of us has the power to help each feel more, heal, and move toward our longings for liberation and justice together..."

Article - adrienne maree brown Is Helping Us Rethink How We Organize

<https://www.them.us/story/adrienne-maree-brown-helping-us-rethink-how-we-organize>

Book - Emergent Strategy: Shaping Change, Changing Worlds, adrienne maree brown

<https://www.akpress.org/emergentstrategy.html>

On changing the way we go about changing the world

Book - The New Possible: Visions of Our World beyond Crisis

The New Possible offers twenty-eight unique visions of what can be, if instead of choosing to go back to normal, we choose to go forward to something far better. Assembled from global leaders on six continents, these essays are not simply speculation. They are an inspiration and a roadmap for action.

Review: <https://www.resilience.org/stories/2021-08-26/review-the-new-possible/>

Quote - Howard Zinn

We have learned something these past few years; about the inadequacy of our regular political structure to bring about desirable social change in a situation of urgency. When people turn in desperation to marches, parades, picketing, sit-ins, mass meetings, and freedom rides, this suggests that the normal channels of government are inadequate for the expression of their grievances, and that the mechanism for solution is rusty.

Quote/Story - Andrea Ayvazian

Once a reporter asked him, "Do you really think you are going to change the policies of this country by standing out here alone at night in front of the White House with a candle?" A.J. Muste replied softly: "Oh I don't do this to change the country. I do this so the country won't change me."

Quote - Marva Nettles Collins

I cannot change the world, but I do not have to conform.

Quote - Jan Phillips

Little is gained from conversations about religion, but action rooted in love and compassion can move mountains.

Quote - Jan Phillips

We are attendants at the wake of the old way, and each of us—through our actions, our thoughts, our work and relationships—is midwifing a new world into existence. This is our destiny, our meaning, our purpose, and when we come to our days with this awareness, when we fully wake up to this tremendous privilege, when we sense the oak in the acorn of our beings, then we will have the energy to move mountains and shift the tides. It is an illusion that we are powerless. It is an illusion that someone else is responsible. It is an illusion that we cannot transcend these dualities and differences that are making a mockery of democracy. We are the people. This is our world.

Quote - Jean Houston

Change the story and you change perception; change perception and you change the world.

Quote - John Schaar

The future is not a result of choices among alternative paths offered by the present, but a place that is created – created first in the mind and will, created next in activity. The future is not some place we are going to, but one we are creating. The paths are not to be found, but made, and the activity of making them, changes both the maker and the destination.

Poem - God is God and the Universe is the Universe, Leah Umansky

<http://www.versedaily.org/2020/godisgodandtheuniverseistheuniverse.shtml>

...and maybe I will see with these eyes
that this country is good
that people are good
that people are mostly good
and that I knew the whole time
that I was good

Quote - Rev. angel Kyodo williams

There is something dying in our society, in our culture, and there's something dying in us individually. And what is dying, I think, is the willingness to be in denial. And that is extraordinary. It's always been happening, and when it happens in enough of us, in a short enough period of time at the same time, then you have a tipping point, and the culture begins to shift...

On How The Solution to the Climate Crisis Needs to Change

Article - Capitalism is killing the planet – it's time to stop buying into our own destruction

<https://www.theguardian.com/environment/2021/oct/30/capitalism-is-killing-the-planet-its-time-to-stop-buying-into-our-own-destruction>

Interview - Paper Straws Are Not Enough. Only “System Change” Can Halt Climate Crisis

https://www.democracynow.org/2022/7/21/heat_wave_europe_climate_crisis_extreme

Article - Is Your Carbon Footprint BS?

What exactly is the best way to work for positive climate change?

<https://gimletmedia.com/shows/howtosaveaplanet/xjh53gn>

Article - To solve the climate crisis, we must rein in the wasteful wealthy

<https://ecosocialistsvancouver.org/article/solve-climate-crisis-we-must-rein-wasteful-wealthy>

Book - Bright Green Lies: How the Environmental Movement Lost Its Way and What We Can Do About It

On how our faith that technology will solve the climate crisis needs to change!

Review: <https://learningearthways.net/2021/06/26/book-review-of-bright-green-lies/>

Book - Overheated: How Capitalism Broke the Planet--And How We Fight Back

Related discussion: <https://www.youtube.com/watch?v=Bp11KZ91NzI>

Related review: <https://climateandcapitalism.com/2021/05/28/four-competing-views-on-how-to-save-the-earth/>

Book - The World As We Knew It: Dispatches From a Changing Climate, Amy Brady & Tajja Isen, editors

<https://www.uuabookstore.org/The-World-As-We-Knew-It-P19387.aspx>

“Nineteen leading literary writers from around the globe offer timely, haunting first-person reflections on how climate change has altered their lives...As the stories unfold—from Antarctica to Australia, New Hampshire to New York—an intimate portrait of a climate-changed world emerges, captured by writers whose lives jostle against incongruous memories of familiar places that have been transformed in startling ways...”

Excerpt: <https://orionmagazine.org/article/faster-than-we-thought-omar-el-akkad-book-excerpt/>

Review: <https://www.theatlantic.com/books/archive/2022/06/the-world-as-we-knew-it-climate-anthology-review/661356/>

On the Dangerous Changes to Economic Inequality

Book - Capital in the Twenty First Century, Thomas Piketty

Related Articles:

- Thomas Piketty Thinks America Is Primed for Wealth Redistribution
<https://www.nytimes.com/interactive/2022/04/03/magazine/thomas-piketty-interview.html>
- This economist has a radical plan to solve wealth inequality
<https://www.wired.co.uk/article/thomas-piketty-capital-ideology>

Related Videos:

- https://www.youtube.com/watch?v=wpGG3_pBHUC
- <https://www.youtube.com/watch?v=4Fhf35pO5hA&t=1s>

Article & Podcast - The End Of Capitalism Has Begun

https://www.theguardian.com/books/2015/jul/17/postcapitalism-end-of-capitalism-begun?CMP=share_btn_fb&fbclid=IwAR1THrLleFa3W85tMf5JefrS-383CmBldtlu5lo1NLiDNX2eubQ_i0zWs10

Is Our Country Changing for The Worse?

Quote - Rev. Edward Everett Hale, Unitarian minister and named chaplain of the Senate in 1903

“Do you pray for the senators, Dr. Hale?” “No, I look at the senators and I pray for the country.”

Article - American democracy is under threat. But what is that threat, exactly?

<https://www.vox.com/22798975/democracy-threats-peril-trump-voting-rights>

Quote - Amy Chua and Jed Rosenfeld

The causes of America's resurgent tribalism are many. They include seismic demographic change, which has led to predictions that whites will lose their majority status within a few decades; declining social mobility and a growing class divide; and media that reward expressions of outrage. All of this has contributed to a climate in which every group in America: minorities and whites; conservatives and liberals; the working class and elites, feels under attack, pitted against the others not just for jobs and spoils, but for the right to define the nation's identity. In these conditions, democracy devolves into a zero-sum competition, one in which parties succeed by stoking voters fears and appealing to their ugliest us-versus-them instincts.

Article - The Threat Of Tribalism

<https://www.theatlantic.com/magazine/archive/2018/10/the-threat-of-tribalism/568342/>

“The Constitution once united a diverse country under a banner of ideas. But partisanship has turned Americans against one another—and against the principles enshrined in our founding document... Americans have come to view the Constitution not as a statement of shared principles but as a cudgel with which to attack their enemies...”

Podcast - U.S. Civil War

Is the changing political landscape pushing us to the brink of civil war?

<https://munkdebates.com/podcast/u-s-civil-war>

Book - The Great Experiment: Why Diverse Democracies Fall Apart and How They Can Endure, Mounk

Related interview: <https://www.nytimes.com/2022/04/29/us/politics/us-democracy.html>

Quote - Ezekiel Kweku

America is not young anymore. Whereas it was once spry and excitable, it is now creaky and soft. The country that passed Prohibition and created Social Security now spends decades dithering over how large a role the government should play in health care. The country that went to the moon shrinks at the challenges presented by climate change. Its bold and expansive political imagination has atrophied.

Quote - Parker Palmer

If American democracy fails, the ultimate cause will not be a foreign invasion or the power of big money or the greed and dishonesty of some elected officials or a military coup or the internal communist/socialist/ fascist takeover that keeps some Americans awake at night. It will happen because we—you and I—became so fearful of each other, of our differences and of the future, that we unraveled the civic community on which democracy depends, losing our power to resist all that threatens it and call it back to its highest form.

Quote - Herbert Marcuse

The containment of social change is perhaps the most singular achievement of advanced industrial society.

On Change that Comes From Those We Disagree With

Quote - Frank A Clark

We find comfort among those who agree with us – growth among those who don't.

Quote - John Konstanturos

When we "agree to disagree," we are agreeing to perpetuate the problem.

Quote - Jonathan Haidt

No matter how good our logic, it's not going to change the minds of our opponents if they are in combat mode, too. If you really want to change someone's mind on a moral or political matter, you'll need to see things from that person's angle as well as your own. And if you do truly see it the other person's way — deeply and intuitively — you might even find your own mind opening in response. Empathy is an antidote to righteousness, although it's very difficult to empathize across a moral divide.

Quote - Jonathan Haidt

I suggested that liberals might have more difficulty understanding conservatives than the other way around, because liberals often have difficulty understanding how the Loyalty, Authority, and Sanctity foundations have anything to do with morality. In particular, liberals often have difficulty seeing moral capital*, which I defined as the resources that sustain a moral community.

**Haidt's Definition of Moral Capital: "The degree to which a community possesses interlocking sets of values, virtues, norms, practices, identities, institutions, and technologies ... [that] enable the community to suppress or regulate selfishness and make cooperation possible.*

Book - The Righteous Mind, Jonathan Haidt

Related TED talk:

https://www.ted.com/talks/jonathan_haidt_the_moral_roots_of_liberals_and_conservatives?language=en

On Pausing and Change

Quote - [Rev. Jen Bailey](#)

And I wonder, particularly in a time where everything seems urgent, what the role of pause and breath is, in this season, to help us gear up for whatever this transformational moment we find ourselves in is.

Reflection - No E-Z Pass in Life, [Rev. Vanessa Southern](#)

Found in [Miles of Dream](#), a UUA worship resource. Soul Matters "[Common Shelf](#)" Book

Miscellaneous

Book - Trusting Change: Finding Our Way Through Personal and Global Transformation, Karen Hering

<https://www.uuabookstore.org/Trusting-Change-P19314.aspx>

"The book's ten thresholding skills give readers practical tools for living on the threshold and through change, but this is not a typical "how-to" guide and its beautifully written and evocative language will connect readers with their own deeper consciousness..."

Quote/Reflection - [Finn Jackson](#)

Changes happen in the outer world. They are about starting or finishing a project, role, or relationship.

Transitions happen in our inner world: they are about the impacts on our identity.

Changes involve places, things, events, transactions, and hierarchies.

Transitions are about meanings, relationships, and stories.

Changes are visible, tangible. Transitions are invisible, intangible.

Changes can happen quickly. Transitions can take a long time for people to work through.

Changes are predictable. Transitions are not.

This is why change guru William Bridges says: "It isn't the changes that do you in, it's the transitions."

Quote - Rev. Rod Richards **

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We explicitly open ourselves to the possibility of change, even opening our Principles and Sources to the possibility of revision, because we know that no single formulation or understanding or articulation of our purpose will serve for all times and places.

We explicitly open ourselves to the possibility of change because we are "aware of inevitable human failing." *

We explicitly open ourselves to the possibility of change because we "cannot presume an absolute claim on truth, rectitude, virtue, force, or power." *

We explicitly open ourselves to the possibility of change because we "must always take account of the contingent human errors that will inevitably alter what we do." *

We explicitly open ourselves to the possibility of change because our commitment to the burning core at the heart of our mission in the liberal religious tradition--which is to search out, call forth, nurture, and share more love, justice, peace--that commitment does not change. The purpose means far more than the proclamation and we can't let the purpose be hindered because we have fallen in love with our present understanding of how it may be achieved.

We explicitly open ourselves to the possibility of change because we realize that the changes that we nurture within ourselves are part of an ongoing and ever-renewing process and practice, while the changes that we seek to effect in the wider world are part of an ongoing responsibility that calls for constant reexamination.

* passages from *The Serenity Prayer: Faith and Politics in Times of Peace and War* by Elisabeth Sifton (pg. 316)

Quote - Octavia Butler, Parable of the Sower

All that you touch, you Change.
All that you Change, Changes you.
The only lasting truth is Change.
God is Change.

Excerpt from Leon Vanderpol's book A Shift in Being (p. 57)

Metamorphosis for a caterpillar is a process of death and emergence, not morphing. Wrapped in its cocoon, its body decays and disintegrates into a blob of primordial goo, a nutrient-rich stew of death cells mixed with some bits and pieces of the caterpillar's innards. Then one day something remarkable happens: in the midst of the puddle of decaying ooze, a new cell pops up - ping! These cells have been called 'imaginal cells' because they are imagining what is possible. The immune system of the dying caterpillar, taking the imaginal cell to be some sort of enemy form, attacks and kills it. Another imaginal cell then pops up - ping! - and the immune system again trounces it. Soon a number of imaginal cells pop up - ping! ping! ping! - and the immune system, although it's beginning to fail from the stress of death, continues to fight. In time, however, the imaginal cells pop up faster and in greater numbers than the fading immune system can kill them off. And then, because the imaginal cells are encoded with the program to create a butterfly, they start joining together to form cell clusters: clusters of wing cells, antenna cells, digestive tract cells and others take form. The cell clusters eventually form together and the transformation is complete - the butterfly emerges as an altogether new entity.

Storied Wisdom

Knowing that storied wisdom make for great sermon fodder, this year we're going to gather and point to a few key sacred stories and fairy tales (and movies sometimes) that bring a unique lens to the monthly theme.

The Windigo - Native American

Has our culture changed into Windigo? Even more important, has it turned us into Windigo?

- "The Windigo" read by author, Robin Wall Kimmerer from Dear America
<https://www.youtube.com/watch?v=PyPjtjDb-QY>
- Meet the Windigo
<https://www.journiest.com/the-monster-that-represents-insatiable-greed-2646872828.html>
- Related Quote:
"modern capitalist societies, however richly endowed, dedicate themselves to the proposition of scarcity. Inadequacy of economic means is the first principle of the world's wealthiest peoples." The shortage is due not to how much material wealth there actually is, but to the way in which it is exchanged or circulated. The market system artificially creates scarcity by blocking the flow between the source and the consumer. Grain may rot in the warehouse while hungry people starve because they cannot pay for it. The result is famine for some and diseases of excess for others. The very earth that sustains us is being destroyed to fuel injustice. An economy that grants personhood to corporations but denies it to the more-than-human beings: this is a Windigo economy." — Robin Wall Kimmerer, Braiding Sweetgrass

The Stream - Sufi

<https://www.questformeaning.org/quest-article/stream-sufi-story/>

On letting go and trusting change

"...And the stream raised its vapor into the welcoming arms of the wind, which gently and easily bore it upwards and along, letting it fall softly as rain once they reached the roof of a mountain, many, many miles away, where it then became a river."

Fairy Tale – The Frog Prince *(see note below)

On how transformation is not always driven by the loving lure of others and our better selves, but often requires the courage of enduring the pain of allowing ourselves to be broken open or fall to pieces.

<https://www.centerforlit.com/blog-roll/2020/4/27/the-frog-prince-and-the-answer-to-everything>

Recommended Sermons

Notes about 2022-23 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. When, on occasion, we include a video sermon, it will be from congregations that have sharing those as part of their mission.
- **Permissions Secured:** All of the sermons 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 context, **you need to reach out to the preachers directly for such editing permission.** Contact information of each of the referenced preachers is listed after the list of sermons.

Ch-ch-ch-changes...

Rev. Dr. Michelle Collins

<https://drive.google.com/file/d/1IVaCUDKtYwcEteQaJ7oE3ntNjvE-hL3z/view?usp=sharing>

“Roller coasters are an oft-used metaphor for talking about change and the up’s and down’s of life. Today I want to open up the metaphor and talk about it in terms of the entire amusement park. Although perhaps we should call it a theme park rather than an amusement park, because change is often not very amusing at all...”

The Bigger Yes

Rev. Gretchen Haley

<https://revgretchenhaley.wordpress.com/2014/05/18/the-bigger-yes/>

“And as you do, perhaps you will feel yourself slip into that next stage – the neutral, or wilderness zone. It’s the hardest phase to hang out in, as it is necessarily unstable. You are no longer your old self, but not yet new either. It feels like waiting, absence, disorientation. We often fail to give ourselves adequate time here – we rush to re-stabilize. But it is in this neutral, interim place where we experience the renewal necessary to begin again...”

Excitement of Change

Rev. Douglas Taylor

<https://douglastaylor.org/2017/04/09/excitement-of-change/>

“You have a choice of what you hold while all else changes. Knowing what you hold on to will help you weather the changes, help you stay grounded and headed in your chosen direction through the changes – even the changes you do not choose and cannot control.”

Featured Preacher Bios & Contact Information

Rev. Dr. Michelle Collins: <https://uucb.org/connection/ministers/>

Rev. Gretchen Haley: <https://foothillsuu.org/ministersandstaff/>

Rev. Douglas Taylor: <https://uubinghamton.org/about-uus/uucb-leadership/our-ministry-and-staff/>

Closing Words

Full piece in Lifting Our Voices #53, Martha Kirby Capo *

[Permission Source](#)

Our time together is finished but our work is not done...

The door is round and open Don't go back to sleep!, Rumi

Full poem at <https://wordsfortheyear.com/2015/09/04/the-breeze-at-dawn-by-rumi/>

...The door is round and open

Don't go back to sleep!

May You Be Changed, Emily Richards *

Full piece at <https://www.uua.org/worship/words/benediction/may-you-be-changed>

[Permission Source](#)

May the promises you have made to yourself about who you want to be
feel closer to the reality of who you are right now.

May you share that feeling of transformation wherever you go...

Prayer for Living in Tension, Rev. Joseph M. Cherry *

Full piece at <https://www.uua.org/worship/words/prayer/payer-living-tension>

[Permission Source](#)

If we have any hope of transforming the world and changing ourselves,
we must be...

The Purpose of This Community is to Help Its People Grow, Rev. Erik Walker Wikstrom *

Full piece at <https://www.uua.org/worship/words/closing/if-you%20are-who-you-were>

[Permission Source](#)

...So may you go forth from here this morning
not who you were,
but who you could be...

Only Begun, Rev. William G Sinkford *

Full piece at <https://www.uua.org/worship/words/prayer/only-begun>

[Permission Source](#)

“We have only begun to imagine justice and mercy.
Help us hold fast to our vision of what can be...”

Into the World Singing, Rev. Dawn Skjei Cooley *

Full piece at <https://www.uua.org/worship/words/benediction/world-singing>

[Permission Source](#)

Let us go out into the world singing songs that proclaim liberty.
Songs that turn ashes into garlands...

Teachers Everywhere, Rev. Amy Zucker Morgenstern *

Full piece at <https://www.uua.org/worship/words/benediction/teachers-everywhere>

[Permission Source](#)

In every person we meet, especially those who cause us discomfort, we find an opportunity for us to grow...

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 from 6-7pm 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](#).



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