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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

#### **October 2022 - Courage**

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

**Interfaith:**

* [Feast of St Francis of Assisi](http://www.spiritualityandpractice.com/practices/naming-the-days/view/18453/feast-day-of-st-francis-of-assisi) (Christian) - Oct. 4
* [Yom Kippur](http://www.chabad.org/holidays/JewishNewYear/template_cdo/aid/177886/jewish/What-Is-Yom-Kippur.htm) - Jewish Day of Atonement - Oct. 4-5, 2022
* National Observance of [Children's Sabbath](http://www.childrensdefense.org/programs/faithbased/faith-based-action-programs-pages/childrens-sabbaths/National-Observance-of-Children-s-Sabbaths.html) - 3rd weekend of October
* [Sukkot](https://www.myjewishlearning.com/category/celebrate/sukkot/): Feast of Tabernacles (Jewish) - Oct. 9-16, 2022
* [Mawlid al-Nabi](http://pluralism.org/religions/islam/the-muslim-experience/birthday-of-the-prophet-mawlid-al-nabi/) - the birthday of the Prophet Muhammad - begins Oct. 8, 2022
* [Diwali: Festival of Lights](https://www.youtube.com/watch?v=HrrW3rO51ak) (Hindu) - Starts Oct 24, 2022
* Martin Luther posts [95 theses](https://www.history.com/this-day-in-history/martin-luther-posts-95-theses?cmpid=email-hist-tdih-2018-1031-10312018&om_rid=7573381c9e42c7f52c4e711f0156a1c5ee9a6912a1e3d1f503edaaff643fb3cd&om_mid=477458411&kx_EmailCampaignID=24962&kx_EmailCampaignName=email-hist-tdih-2018-1031-10312018&kx_EmailRecipientID=7573381c9e42c7f52c4e711f0156a1c5ee9a6912a1e3d1f503edaaff643fb3cd) - Oct. 31 1517
* [Samhain](https://www.circlesanctuary.org/index.php/celebrating-the-seasons/celebrating-samhain) (Wiccan) - Oct. 31 - Nov. 1 [[more](https://www.youtube.com/watch?v=icCISX6UG0g) and [more](https://www.circlesanctuary.org/index.php/celebrating-the-seasons/celebrating-samhain)]

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### Unitarian Universalist:

* Birthday of [e e cummings](https://www.youtube.com/watch?v=kffo3pxNO7c) - Oct. 14
* [Michael Servetus](http://uuprairie.org/talks/120916BarbPark.htm) burned at the stake in Geneva - Oct. 27 (1553) (more [here](http://uudb.org/articles/michaelservetus.html))
* UU Merger Vote: Unitarians and Universalists, meeting separately in Syracuse, NY, voted to proceed with consolidation - Oct. 31, 1959. (more [here](https://www.uuworld.org/articles/fifty-years-after-vote-form-uua))

### 

### National & Cultural Holidays:

* [LGBTQ History Month](https://www.youtube.com/watch?v=f47EUoeqdzM)
* [Hispanic Heritage Month](https://storycorps.org/listen/?collection=latino-stories) (Sept. 15 - Oct. 15)
* [Breast Cancer Awareness Month](http://ww5.komen.org/StoriesofInspiration.html)
* [Bullying Prevention Month](https://www.youtube.com/watch?v=A1J5IXV6P54) (more [here](https://www.youtube.com/watch?v=ltun92DfnPY))
* [ADHD Awareness Month](https://www.adhdawarenessmonth.org)
* Birthday of Mohandas Gandhi - Oct. 2 (1869)
* Thurgood Marshall sworn in as first African American Supreme Court. associate justice - Oct. 2, 1967
* Ruth Bader Ginsburg joins the U.S. Supreme Court as its second woman Justice - Oct. 4, 1993
* [Sisters in Spirit Vigils](https://www.nwac.ca/home/policy-areas/violence-prevention-and-safety/sisters-in-spirit/october-4th-vigils/) (Canada) - October 4, 2018: Honoring the lives of Missing and Murdered Indigenous Women and Girls (MMIWG)
* NASA launches first peopled mission, Apollo 7 - Oct. 11 (1968)
* [Indigenous Peoples Day](http://www.uua.org/multiculturalism/dod/indigenous-day) / Columbus Day (U.S.) - Oct. 10, 2022 (second Monday of October) - more [here](https://www.smithsonianmag.com/blogs/national-museum-american-indian/2019/10/11/indigenous-peoples-day-2019/)
* [National Coming Out Day](http://gaylife.about.com/od/comingout/a/nationalcoming.htm) - Oct. 11
* Thanksgiving Day (Canada) - Oct. 10, 2022 (second Monday in October)
* John Brown’s Raid - Oct. 16 (1859)
* [United Nations Day](http://www.uua.org/international-justice/events-listing/un-sunday) - Oct. 24
* Intersex Awareness Day - Oct. 26
* Halloween, All Soul's Eve - Oct. 31
* [Dia de los Muertos](https://www.nationalgeographic.org/media/dia-de-los-muertos/) - Oct.31 - Nov.2

**For Fun and On the Fringe:**

* First episode of Unitarian [Rod Sterling](https://www.youtube.com/watch?v=zT-ey-fJNXY)’s “Twilight Zone” - Oct. 1 (1959)
* [Mad Hatter Day](https://www.nationaldaycalendar.com/national-mad-hatter-day-october-6) - Oct. 6
* [World Smile Day](http://www.worldsmileday.com) - Oct. 6
* [Clergy Appreciation Day](https://ericgeiger.com/2014/09/get-pastor-pastor-appreciation-month/) - Oct. 9,2022 (second Sunday of October)
* War of the Worlds radio lay causes mass hysteria - Oct. 30 (1938)

# Chalice Lightings & Opening Words

Out of the Flames \*

Rev. Sara LaWall

#### Permission secured by Soul Matters

Out of the flames of fear

We rise with courage of our deepest convictions

to stand for justice, inclusion and peace

Out of the flames of scrutiny

We rise to proclaim our faith

With hope to heal a fractured and hurting world

Out of the flames of doubt

We rise to embrace the mystery, wonder and awe

of all there is and all that is yet to be

Out of the flames of hate

We rise with the force of love

Love that celebrates our shared humanity

Out of the flames we rise.

All That We Have Been, All That We Will Become \*

Leslie Ahuvah Fails

Full piece at <http://www.uua.org/worship/words/meditation/all-we-have-been-all-we-will-become>

#### [Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

Tell me, friends:

What have we got to lose?

Our fear of failure?

Our mistrust of our own talents?

What wonders await us in the space

between the first leap

and the moment our feet…

touch down softly on unknown soil?...

There is a quiet courage …\*

Rev. Gretchen Haley

#### Permission secured by Soul Matters

There is a quiet courage

In the choice to let go

of the past,

in the choice to be present

in this new day

to live for this hour,

this moment

and to believe in its possibility -

to release the regrets,

to stop the spinning stories of what was

and is no longer,

to accept this gift

to believe that we are worthy

still of happiness

of ease

of delight, and hope

to believe we have all we need

to heal

already, and to receive

this wholeness

with ready hearts

and open hands,

saying only thank you.

Come, let us practice this surrender

together

gathering up all the brave

boldness

we know can be found in our bones and blood

if we will breathe together

knowing ourselves a part of this one life

filled with mystery, creativity

and power,

Changing us, growing us, and

calling us into partnership

with all that is.

Come, let us worship together

Giving each other courage…\*

Rev. Gretchen Haley

Permission secured by Soul Matters

Come in, all who long to know

how to love this world

How to keep eyes open

hands unclenched

arms wide

Breathing deeply

In, and out

This is a time to practice

Because there is

still so much good, and beauty, and joy

But it can be hard to keep telling this tale

With all the news

and the wind, and the rain, and the trembling earth

(Who wants to love this life, anyway?)

Come in, all who teeter

on this edge of cynicism

broken hearted and trying still to remember

laughter and kindness

And the chance to be alive

in these days when so much is at stake

In this place we remind each other

Why we persist

Giving each other courage

to take this path that is not always easy

to keep practicing

This love

That cannot, will not let us go

And still calls us on

Come, let us worship together

in memory of the courage… \*

Paul Sprecher

Full piece at <https://www.uua.org/worship/words/chalice-lighting/struggle-freedom>

[Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

We light this chalice in memory of the courage

of those who have struggled for freedom…

May this flame, sustain our courage… \*

Bets Wienecke

Full piece at <https://www.uua.org/worship/words/chalice-lighting/may-flame>

**Courage Is \***

Rev. Dr. David Breeden

#### Permission secured by Soul Matters

We gather together here, now,

summoning our courage to be.

We gather, bringing our

weariness and our energy.

We gather, bringing our

wariness and our visions.

Like trees in rocky places,

our roots clutch. What

we find is each other.

What we find is each

other, holding tightly.

Courage is not certitude.

Courage is not assurance.

Courage is the willingness

to join in the attempt.

To join in the unlikely,

even the impossible.

Courage is a choice.

Courage is a way of knowing.

Courage is a way of joining together.

Courage is knowing that

together, we will do what

none of us can do alone.

Witnesses of the World / Testigos del mundo \*

Tania Márquez

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

It is now, when we are called as witnesses of the world…

Not to hide, not to fear, but to be bold and loud…

To Face the World's Shadows \*

Lindsay Bates

Full piece at <http://www.uua.org/worship/words/chalice-lighting/face-worlds-shadows>

#### [Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

To face the world's shadows, a chalice of light…

# Meditations, Prayers & Blessings

Meditation on courage and vulnerability, Rev. Douglas Taylor \*

Full piece found at <https://docs.google.com/document/d/1s6JZ09oBfmsGhDQ9TPqaJo2JGMCPqYODCir9yQDfF-8/edit?usp=sharing>

#### Permission secured by Soul Matters

“I would have my vulnerability be a choice made from my courage rather than my fear. I would have my vulnerability be my strength.   
May my strength be not found as a hard shell of defense or a sharp weapon of attack. May my strength, instead, be found in an open stance of kindness and empathy, like a tree bending gracefully in the wind storm. May my strength be found in a willingness to join in the suffering of others, like a forest of trees together in a storm. May I choose to be receptive rather than protected, sharing rather than shielded…”

Map of the Journey in Progress, Rev. Victoria Safford \*

Full piece at <http://www.uua.org/worship/words/meditation/map-journey-progress>

#### [Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

Here is where I found my voice and chose to be brave…

This is the place where I said no, more loudly than I’d thought I ever could…

Here’s a time, and here’s another, when I laid down my fear and walked right on into it…

Here is where I began to look with my own eyes and listen with my ears and sing my own song, shaky as it is…

The Courage of Patience, Rev. Richard S. Gilbert \*

Full piece at <http://www.uua.org/worship/words/meditation/courage-patience>

#### [Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

When life seems a struggle between tedium and apathy

Or frenzy and exhaustion;

When today seems a punishment and tomorrow a torment,

May we find the courage of patience…

All That We Have Been, All That We Will Become, Leslie Ahuvah Fails \*

Full piece at <https://www.uua.org/worship/words/meditation/all-we-have-been-all-we-will-become>

#### [Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

We stand at the precipice, arms locked

together like tandem skydivers

working up the courage to jump.

Tell me, friends:

What have we got to lose?...

I pray this day for the courage to be…, Rev. Maureen Killoran

Full piece found in [To Wake, To Rise](https://www.uuabookstore.org/To-Wake-To-Rise-P18187.aspx), a UUA meditation manual & Soul Matters “[Common Shelf](https://docs.google.com/document/d/1SteZsbLGFjDhZyF3jkG_ION96643nG8TW6m013DCwYs/edit#heading=h.wcm1dfk4lnr5)” Book

# 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:** See the Soul Matters Musicians Facebook Support Page (<https://www.facebook.com/groups/Soulmattersmusic>) for updated information about this year’s brainstorming call. The new day and time will be shared by mid-August.

**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/1pHuVaUqAnNPlW9dis3Tz31B4eGxdxebI?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](https://open.spotify.com/user/mjf4kicgvwkkl7jfbzb0un6qg) for links to the Spotify playlists for each month. Click [here](https://www.youtube.com/channel/UCL_fSD0_Ps01lGauCVL_mKQ/playlists) to check out the YouTube playlists.

## **Suggestions For October 2022 - Courage**

from Soul Matters Music Resources Coordinator, [Molly J. Webster](mailto:soulmattersmusic@gmail.com)

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### 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*](https://www.uua.org/files/2021-05/Hymn%20Permissions%20for%20UU%20Worship%20%282021%29.pdf)*)*

95 - There is More Love Somewhere

108 - My Life Flows On In Endless Song

115 - God of Grace and God of Glory

391 - Voice Still and Small (permission granted, must use “dark and rain” instead of “storm and rain”)

396 - I Know This Rose Will Open

### 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*](https://www.uua.org/files/2021-05/Hymn%20Permissions%20for%20UU%20Worship%20%282021%29.pdf)*)*

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*

85 - Although this Life is but a Wraith (music: Faber Music, Ltd., CCS)

106 - Who Would True Valor See (music: Oxford University Press, One License)

137 - We Utter Our Cry (words & music: Hope Publishing Co., One License)

159 - This Is My Song (arrangement: Westminster John Knox Press, One License)

172 - Siph’ Amandla (Walton Music Co., & Plymouth Music, 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*

1020 - Woyaya (words & music: One License and/or CCS)

### Contemporary Suggestions - permissions needed

*If you are streaming your services/are hybrid, please note that all copyright permissions are your responsibility to obtain\*\**

* *Tomorrow* from *Annie -* Charles Strouse & Martin Charnin
* *This is Me* from *The Greatest Showman* - Joseph Trapanese & John Debney
* *Million Dreams* from *The Greatest Showman* - Joseph Trapanese & John Debney
* *Never Enough* from *The Greatest Showman* - Joseph Trapanese & John Debney
* *Let It Go* from *Frozen* - Kristen Anderson-Lopez & Robert Lopez
* *How Far I’ll Go* from *Moana* - Lin- Manuel Miranda & Mark Mancini
* *I Was Made for This -* Carrollton
* *Strength, Courage, & Wisdom* - India Arie
* *Rise Up -* Andra Day
* *Brave -* Sara Bareilles
* *I Will Survive* - Gloria Gaynor
* *You Raise Me Up* - Josh Groban
* *Roar* - Katy Perry
* *Thunder* - Imagine Dragons
* *Fighter* - Christina Aguilera
* *Don’t Stop Believin’* - Journey
* *Titanium* - David Guetta
* *Courage* - Céline Dion

*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](https://www.ultimate-guitar.com/)

[Ukulele Chords/Tabs - Free to Transpose](https://www.ukulele-tabs.com/)

[Chordify](https://chordify.net/)

### Choral/Vocal

All listed music can be found on [JWPepper](https://www.jwpepper.com/sheet-music/welcome.jsp) and can be located by following the link or searching by title.

* [*Courage, My Soul - SATB, SSA - Rollo Dillworth*](https://www.jwpepper.com/Courage%2C-My-Soul/10759836.item#.Yrh9vi-B1QI)
* [*Courage, My Soul - SATB opt. Instrumental - Charles A. Tindley*](https://www.jwpepper.com/Courage%2C-My-Soul/11365350.item#.Yrh9-S-B1QI)
* [*Courageous Messengers Of Light (Fireflies) - SATB - Brian S. Story*](https://www.jwpepper.com/Courageous-Messengers-Of-Light-%28Fireflies%29/11173395.item#.Yrh-NS-B1QI)
* [*The Storm is Passing Over - SATB, 3pt Treble/SSA - Charles A. Tindley, Arr. Barbara W. Baker*](https://www.jwpepper.com/The-Storm-Is-Passing-Over/3093036.item#.Yrh-pi-B1QI)
* [*How Can I Keep from Singing - SATB, SSAA, TTBB - Arr. Quartel*](https://www.jwpepper.com/How-Can-I-Keep-from-Singing%3F/10879525.item#.YriGDC-B1QI)
* [*Courage Calls to Courage - SAB, SA(T)B, SSA - Emily Crocker*](https://www.jwpepper.com/Courage-Calls-to-Courage/11203894.item#.Yrh8-C-B1QI)
* [*Courage - 3-Part - Sandra Howard*](https://www.jwpepper.com/Courage/10192359.item#.Yrh9Yi-B1QI)
* [Over the Rainbow - SATB, SAB, SSA - Arr. Mac Huff](https://www.jwpepper.com/Over-the-Rainbow/10455246.item#.YriAKS-B1QI)
* [This is Me -SATB - Arr. Kirby Shaw](https://www.jwpepper.com/This-Is-Me/11200887.item#.YriBSC-B1QI)
* [Tomorrow - SATB, SAB, 2pt - Arr. Lojeski](https://www.jwpepper.com/Tomorrow/3300473.item#.YriEei-B1QI)

### Instrumental/Handbell

* [How Can I Keep from Singing - 2-3va or 3 - 5va - Arr. Moklebust](https://www.jwpepper.com/How-Can-I-Keep-from-Singing/10452276.item#.YriFey-B1QI)
* [Over the Rainbow - 3-5va - E. Y. Harburg & Harold Arlen/arr. Israel Kamakawewo'ole & Chris Peck](https://www.jwpepper.com/Over-the-Rainbow/10452267.item#.Yrh_zy-B1QI)
* [Easy Inspirational Pops - 2 - 3va - This is a book that has 10 great applicable arrangements](https://www.jwpepper.com/Easy-Inspirational-Pops/1970797.item#.YriAvy-B1QI)
* [Never Enough from The Greatest Showman - link to several piano arrangements](https://www.jwpepper.com/sheet-music/search.jsp?keywords=never+enough&suggested=&pageview=list-view&departmentDescriptions=Piano/Keyboard)

### 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*](https://www.uua.org/worship/music/online)*)*

* ["Woyaya" (YouTube)](https://www.youtube.com/watch?v=mn9qH6zIvcc&feature=youtu.be) (words & music by Loughty Amoa, Solomon Amarfio, Robert M. Bailey, Roy Bedeau, Francis T. Osei, Whendell K. Richardson, and Mac Tontoh; #1020 in *Singing the Journey*). Created by Paul Thompson (Music Director at the UU Church of the Palouse, Moscow ID). Please make a pay-what-you-can [donation](https://palouseuu.org/connection/donate/).
* ["My Life Flows On in Endless Song" (Vimeo)](https://vimeo.com/416317436) (#108 in *Singing the Living Tradition*; Quaker text paired with melody written by American Baptist minister Robert Wadsworth Lowry). Piano and melodica by Michael Frye-Hunt; vocals by Dorothy Frye-Hunt.
* "[We Will Not Stop Singing" (YouTube)](https://www.youtube.com/watch?v=g-_jf_z01A8&feature=youtu.be) 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, Kiena Williams, Brandon Hornsby-Selvin, and Candice Helfand-Rogers). Adam's PayPal ID: adampodd@gmail.com/Venmo: @adampodd

### But Wait, There’s (a bit) More…

*Please see individual citation preferences/donation opportunities.*

**From** [**The Justice Choir Songbook**](https://www.justicechoir.org/songbook/)

* #2 - Ain’t Gonna Let Nobody Turn Me ‘Round
* #8 - Courage to be Who We Are
* #14 - Liberty and Justice for All
* #24 -Resilience
* #25a - Rise
* #25b - Rise (w/ harmonies)

**Chant - “Courage” by IfNotNow**

<https://soundcloud.com/ifnotnow> , scroll down to the sixth song

**Quiet - MILCK with GW Sirens and Capital Blend**

<https://www.youtube.com/watch?v=V9lond4SXgk>

<https://www.youtube.com/watch?v=QZD05-ZvQFs>

**We Are Building Up a New World**

<https://www.youtube.com/watch?v=qfuWQhWFK6k>

**I Ain't Afraid, Unitarian Universalist Church of Berkeley**

<https://www.youtube.com/watch?v=F5fKaa7cXuM&list=RDOvlPa28cVfA&index=14>

### Extra, Extra!!!

**Read All About: American Composers Forum article:** [**Musicians Without Financial Privilege Are Being Pushed Out of the Field**](https://icareifyoulisten.com/2022/07/we-need-to-talk-about-money-musicians-without-financial-privilege-are-being-pushed-out/)

# Stories For All Ages

**Picture Books**

*\*More recommended picture books on the theme of Courage are in our Children’s RE packets*

**Malala Yousafzai: Warrior with Words**

A true story of a girl who had the courage to stand up for education for everyone, when girls were not supposed to go to school. She was attacked by fanatics and nearly killed but has gained the respect of the entire world.

Book: [HERE](https://www.amazon.com/Malala-Yousafzai-Karen-Leggett-Abouraya/dp/1681860074/ref=tmm_hrd_swatch_0?_encoding=UTF8&qid=&sr=) Video: <https://www.youtube.com/watch?v=yt5otIVcYKk>

**I Can Do Hard Things**

There are times when we have to muster our personal courage and do something hard for us. This story shares examples of a bunch of hard things.

**Book:** [HERE](https://www.amazon.com/Can-Do-Hard-Things-Affirmations/dp/0998958085) **Read Aloud:** <https://www.youtube.com/watch?v=CF4kQfEVJLM>

**Benny J and the Horrible Halloween**

Everyone has different reactions to Halloween. By sharing fears and working out ways to help those fears, we can make a safe place and help each other be courageous in facing fears.

**Book:** [HERE](https://www.amazon.com/Benny-Horrible-Halloween-Super-Books/dp/1736744402/ref=sr_1_1?crid=VT1PT0R8OT8D&keywords=benny+and+the+horrible+halloween&qid=1657663428&s=books&sprefix=bennie+j+and+the+horrible+halloween%2Cstripbooks%2C89&sr=1-1-Etan-Boritzer/dp/0920668887/ref=sr_1_1?crid=20NPAC1PIB7PA&keywords=what+is+god+by+etan+boritzer&qid=1564581466&s=books&sprefix=What+is+God%2Cstripbooks%2C168&sr=1-1) **Video:** <https://www.youtube.com/watch?v=m6e_0rtfF1Q>

**Courage,** *by Bernard Waber*

There are many kinds of courage

**Book**: [HERE](https://www.amazon.com/gp/product/0618238557/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0618238557&linkCode=as2&tag=learnthroulit-20&linkId=FYPF5I3Y42SNDKIC)

**Peep!: A Little Book About Taking a Leap** *by Maria van Lieshout*

Invite children to act this one out with you, as chicks!

**Book:** [HERE](https://www.amazon.com/gp/product/0312369158/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0312369158&linkCode=as2&tag=learnthroulit-20&linkId=TMLIXLBFYT5AVY4Q)

**Mirette on the High Wire** *by Emily Arnold McCully*

Lay a rope on the floor and pretend to balance on it while telling this story.

**Book:** [HERE](https://www.amazon.com/gp/product/0698114434/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0698114434&linkCode=as2&tag=learnthroulit-20&linkId=DMJ4UVMKWRPWPGXK)

**Wisdom Tales**

**Buddhist Jataka Tale:** [The Wise Teacher’s Test](http://www.uua.org/re/tapestry/children/tales/session2/story1)

**Buddhist Jataka Tale:** [The Frightened Hare](https://encyclopediaofbuddhism.org/wiki/Duddubha_Jataka:_The_Sound_the_Hare_Heard_(Jat_322))

**Buddhist Jataka Tale:** [The Way Out Of Fear](https://philipchircop.wordpress.com/2018/09/03/the-way-out-of-fear/)

**Ethiopian Tale from Tapestry of Faith, Toolbox of Faith:** [Fire, Water, Truth and Falsehood](http://www.uua.org/re/tapestry/children/toolbox/session3/fire-water-truth)

Celebrates how being courageous and telling the truth will finally win out. Tell with a candle and a cup of water.

**Recommended Wisdom Tales from “**[**Doorways to the Soul” by Elisa Davy Pearmain**](https://www.amazon.com/Doorways-Soul-Wisdom-Tales-Around/dp/1556357400/ref=sr_1_1?crid=2TUFABS28BFR6&keywords=doorways+to+the+soul&qid=1656114502&sprefix=Doorways+to+the+Soul%2Caps%2C97&sr=8-1)

###### **(We’ve recommended this book as an addition to your library. Because of copyright issues, we can only share the story titles)**

* *Story #20 - The Lion’s Whisker (courage to persevere)*
* *Story #33 - Descent into the Maelstrom by Poe (different people; different fear and courage)*
* *Story #52 - The Question (courage to be yourself)*

# 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 Courage to Hope

Poem - The Thing Is, Ellen Bass

Full poem at <https://www.poetryfoundation.org/poems/151844/the-thing-is>

to love life, to love it even

when you have no stomach for it

and everything you’ve held dear

crumbles like burnt paper in your hands…

Quote - Brian Andreas

Anyone can slay a dragon but try waking up every morning and loving the world all over again. That's what takes a real hero.

Quote - Maria Popova, from The Courage to Resist Cynicism

<https://www.brainpickings.org/2016/05/16/annenberg-commencement/>

Our culture has created a reward system in which you get points for tearing down rather than building up, and for besieging with criticism and derision those who dare to work and live from a place of constructive hope. Don’t just resist cynicism — fight it actively, in yourself and in those you love and in the communication with which you shape culture. Cynicism, like all destruction, is easy, it’s lazy. There is nothing more difficult yet more gratifying in our society than living with sincere, active, constructive hope for the human spirit. This is the most potent antidote to cynicism, and it is an act of courage and resistance today.

Poem - Courage, Sri Chinmoy

Full poem at <http://www.poetseers.org/poem-of-the-day-archive/poems-about-courage/index.html>

To speak ill of the world

Needs courage,

But fortunately or unfortunately

Everybody has that courage…

Prayer/Quote - [Valarie Kaur](https://www.youtube.com/watch?v=LCenwgheIBs), [A Sikh Prayer for America](http://valariekaur.com/2016/11/a-sikh-prayer-for-america-on-november-9th-2016/)

The future is dark. But my faith dares me to ask: What if this darkness is not the darkness of the tomb, but the darkness of the womb? … What if this is our Great Contraction before we birth a new future?...

Quote - Maria, from Moral Courage: <https://www.facebook.com/Upworthy/videos/1226169624090560/>

Living hopefully is not devoid of pain. Living hopefully means residing squarely inside of pain, naming it as real and still saying to it “You’re not the only story to tell.

###### 

Quote - [Susanne Moser](https://www.earthisland.org/journal/index.php/articles/entry/despairing-about-climate-crisis)

With radical hope, you don’t know at all whether the outcome is positive or negative. Neither the means nor the ends are clear, and you have to reinvent yourself completely to come to peace with whatever that new future is… radical hope, that’s what we’re going to need for climate change.

Quote - Rev. Sean Parker Dennison, from “Hope” Found in [Breaking and Blessing](https://www.uuabookstore.org/Breaking-and-Blessing-P18658.aspx)

We got it wrong, always looking first for hope,

motivation, inspiration. Only the desperate

bearing witness to the beginning of the end

Can find a new way of being…

Quote - Cornel West

We need the courage to question the powers that be, the courage to be impatient with evil and patient with people, the courage to fight for social justice. In many instances we will be stepping out on nothing, and just hoping to land on something. But that's the struggle. To live is to wrestle with despair, yet never allow despair to have the last word.

Quote - [Ayana Elizabeth Johnson & Katharine K Wilkinson](https://www.allwecansave.earth/)

Movements don't alter history by saying: *what if we don't succeed?... Some things will never change... The odds seem really long... Maybe we'll never get the right to vote, to marry, to be free..*. Without knowing the outcome, we have to try anyway; Without a single guarantee, we must show up.

Quote - [Emily Johnston](https://medium.com/@enjohnston/loving-a-vanishing-world-ace33c11fe0)

I want to make a difficult point, but one that I think is also clarifying: We cannot expect to feel hopeful, at least not very often, and having any particular hope is likely to end in heartbreak. We have entered — already, in some places — into an era of chaos and great pain, and if we ask the universe to make us feel optimistic about that somehow, even as others suffer far more than we do, we’re asking for illusion. But our gift, and our task, is far more powerful than sunny feelings, because we still have the chance to make the space for hope — to act in such a way that hope might exist for others who come after us.

Quote - [Mary Annaïse Heglar](https://www.allwecansave.earth/anthology)

We don’t have to be pollyannish, or fatalistic. We can just be human. We can be messy, imperfect, contradictory, broken We can recognize the difference between hopelessness and helplessness. Because what if we’ve been doing the equation backward? What if hope isn’t what leads to action? What if courage is what leads to action and hope is what comes next?

### 

### On the Courage to be Vulnerable

Meditation - On courage and vulnerability, by Rev. Douglas Taylor \*

Full piece found at <https://docs.google.com/document/d/1s6JZ09oBfmsGhDQ9TPqaJo2JGMCPqYODCir9yQDfF-8/edit?usp=sharing>

#### Permission secured by Soul Matters

“I would have my vulnerability be a choice made from my courage rather than my fear. I would have my vulnerability be my strength.   
May my strength be not found as a hard shell of defense or a sharp weapon of attack. May my strength, instead, be found in an open stance of kindness and empathy, like a tree bending gracefully in the wind storm. May my strength be found in a willingness to join in the suffering of others, like a forest of trees together in a storm. May I choose to be receptive rather than protected, sharing rather than shielded…

Quote - Brené Brown

Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it's our greatest measure of courage.

Podcast - Courage is Born from Struggle - On Being interview with Brené Brown

<https://onbeing.org/programs/1-courage-born-struggle-brene-brown/>

“I always ask a very simple question to people. I just say, think of the last time you did something that you thought was really brave or the last time you saw someone do something really brave. And I can tell you as a researcher — 11,000 pieces of data — I cannot find a single example of courage, moral courage, spiritual courage, leadership courage, relational courage, I cannot find a single example of courage that was not born completely of vulnerability. We buy into some mythology about vulnerability being weakness and being gullibility and being frailty because it gives us permission not to do it.”

Quote - Beau Taplin

Softness is not weakness. It takes courage to stay delicate in a world so cruel.

Essay - 11 Ways White America Avoids Taking Responsibility for its Racism, Dr. Robin Diangelo

The pernicious impact of "white fragility" and the revolutionary courage to accept feedback.

<https://www.salon.com/2015/06/16/11_ways_white_america_avoids_taking_responsibility_for_its_racism_partner/>

Related: <https://notesfromanaspiringhumanitarian.com/white-people-increase-your-racial-stamina-take-the-pledge/>

Poem - I Will Love You By Being, Rev. Sean Parker Dennison

Found in [Breaking and Blessing](https://www.uuabookstore.org/Breaking-and-Blessing-P18658.aspx), a UUA meditation manual & Soul Matters “[Common Shelf](https://docs.google.com/document/d/1SteZsbLGFjDhZyF3jkG_ION96643nG8TW6m013DCwYs/edit#heading=h.wcm1dfk4lnr5)” Book

I will love you by being weak

I will reveal the tender and vulnerable…

### On the Courage to Apologize & Forgive

### (for Yom Kippur - Jewish Day of Atonement - Oct. 4-5, 2022)

Quote - Indira Gandhi

Forgiveness is a virtue of the brave.

Quote - E. H. Chapin

Never does the human soul appear so strong as when it foregoes revenge, and dares forgive an injury.

Quote - James Baldwin

I imagine one of the reasons people cling to their hates so stubbornly is because they sense, once hate is gone, they will be forced to deal with pain.

Quote - adrienne maree brown

Full piece at <http://adriennemareebrown.net/2010/05/19/by-any-means-necessary/#:~:text=what%20if%20what%20is%20needed,those%20who%20kill%20your%20children%3F>

I feel like it has become easy for us to occupy our rage without moving into action. and it has become easy for us to get angry and self-righteous without really asking what is needed in that moment.

what if what’s needed isn’t sexy, intimidating, violent…what if what is needed is forgiveness? the kind of forgiveness that seems unimaginable, miraculous, holy, unattainable. like forgiving those who hurt you, hate you, building relationship with those who kill your children?

what if what is necessary is trusting people beyond their mistakes and shortcomings, trusting their best intentions – are we strong enough to default to trust at a community level?

what if what is necessary is learning to see family where you have seen enemies?...

Reflection - What is/isn’t transformative justice? adrienne maree brown

Full piece at <http://adriennemareebrown.net/2015/07/09/what-isisnt-transformative-justice/>

The places I’m drawn to in movement espouse a desire for transformative justice – justice practices that go all the way to the root of the problem and generate solutions and healing there, such that the conditions that create injustice are transformed.

And yet…we don’t really know how to do it.

We call it transformative justice when we’re throwing knives and insults, exposing each other’s worst mistakes, reducing each other to moments of failure. We call it holding each other accountable….

So I’m wondering, in a real way: how can we pivot towards practicing transformative justice?...

In my facilitation and meditation work, I’ve seen three questions that can help us grow…

Book - Why Won't You Apologize?: Healing Big Betrayals and Everyday Hurts, Harriet Lerner

Related article: <https://www.psychotherapynetworker.org/magazine/article/1150/the-power-of-apologizing>

Podcast Interview - I’m Sorry: How to Apologize and Why It Matters, with Dr. Harriet Lerner

Part 1: <https://brenebrown.com/podcast/harriet-lerner-and-brene-im-sorry-how-to-apologize-why-it-matters-part-1-of-2/>

Part 2: <https://brenebrown.com/podcast/im-sorry-how-to-apologize-why-it-matters-part-2-of-2/>

Quote - Unknown Author

Apologizing does not always mean that you are wrong, and the other person is right. It just means that you value your relationship more than your ego.

Sermon - New Beginnings and Fresh Starts, Rev. Liz Lerner Maclay

Full sermon at <https://firstunitarianprov.org/services/new-beginnings-and-fresh-starts/>

in Jewish theology, the only way to get ourselves back in right relationship with everything and everyone is to do it directly. And if we want – and believe in – any kind of divine or larger forgiveness or redemption, that can’t happen until and unless we make things right with those we’ve wronged here on this mortal plane…

Quote - John O’Donohue

Only the grace of forgiveness can break the straight logic of hurt and embitterment. It gives you a way out, because it places the conflict on a completely different level. In a strange way, it keeps the whole conflict human. You begin to see and understand the conditions, circumstances, or weakness that made the other person act as they did.

Prayer/Reading - earth do what you will/forgive us, adrienne maree brown

Full piece at <https://adriennemareebrown.net/2017/09/20/earth-do-what-you-willforgive-us/>

### On the Courage that Arises From Being in it Together

Chant - “Courage” by IfNotNow

<https://soundcloud.com/ifnotnow> , scroll down to the sixth song

Poem - Courage – it takes more, Philippa Yaa de Villiers

Full poem at <https://poetryarchive.org/poem/courage-it-takes-more/>

“Will you won’t you, will you won’t you walk behind Mandela…

He was not alone - a million hands held him up

Colossus…

heroes are heroes because we make them heroes…”

Reflection - There are lots of ways to stay alive, Rev. Theresa I. Soto

Found in [Spilling the Light](https://www.uuabookstore.org/Spilling-the-Light-P18511.aspx), a UUA meditation manual & Soul Matters “[Common Shelf](https://docs.google.com/document/d/1SteZsbLGFjDhZyF3jkG_ION96643nG8TW6m013DCwYs/edit#heading=h.wcm1dfk4lnr5)” Book

TED Talk - Courage is contagious

<https://www.ted.com/talks/damon_davis_courage_is_contagious>

When artist Damon Davis went to join the protests in Ferguson, Missouri, after police killed Michael Brown in 2014, he found not only anger but also a sense of love for self and community… and courage.

Quote - Marianne Williamson

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. *As we are liberated from our own fear, our presence automatically liberates others.*

Closing Words - Nothing to Fear, Rev. Marta I. Valentín

Found in [A Long Time Blooming](https://www.uuabookstore.org/A-Long-Time-Blooming-P17846.aspx), UUA meditation manual & Soul Matters “[Common Shelf](https://docs.google.com/document/d/1SteZsbLGFjDhZyF3jkG_ION96643nG8TW6m013DCwYs/edit)” book.

### On the Courage to Live Fully and Wholeheartedly

Poem - I Will Not Die an Unlived Life, Dawna Markova

Full poem at <https://www.values.com/inspirational-quotes/6160-i-will-not-die-an-unlived-life-i-will-not-live>

“I will not live in fear

of falling or catching fire.

I choose to inhabit my days…”

Quote - Brené Brown

Courage is a heart word. The root of the word courage is cor - the Latin word for heart. In one of its earliest forms, the word courage meant "To speak one's mind by telling all one's heart." Over time, this definition has changed, and today, we typically associate courage with heroic and brave deeds. But in my opinion, this definition fails to recognize the inner strength and level of commitment required for us to actually speak honestly and openly about who we are and about our experiences -- good and bad.

Book - Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead, *Brené Brown*

Video - Courage To Live Undivided, Parker J Palmer

<https://www.youtube.com/watch?v=o5ZLt4yyYrw>

Article - The top five regrets of the dying

Full article at <https://www.theguardian.com/lifeandstyle/2012/feb/01/top-five-regrets-of-the-dying>

*5) I wish I had let myself be happier.*

*4) I wish I had stayed in touch with my friends.*

*3) I wish I'd had the courage to express my feelings.*

*2) I wish I hadn't worked so hard.*

*1) I wish I'd had the courage to live a life true to myself, not the life others expected of me.*

Quote - Harry Holleywood

Courage is acting out of self-respect for doing the right thing. To not act, or to do something different other than the right thing, is soul murder. Not being true to oneself and others leaves one diminished and, in some ways, less than human.

Quote - Rita Mae Brown

The reward for conformity was that everyone liked you except yourself.

### 

### On the Courage to Live Wide Awake

Quote - Marianne Williamson

It takes courage ... to endure the sharp pains of self discovery rather than choose to take the dull pain of unconsciousness that would last the rest of our lives.

Quote - [Cornel West](https://www.youtube.com/watch?v=8rEgcLMamZE)

It takes tremendous courage to think for yourself, to examine yourself. The Socratic imperative of examining yourself requires courage. William Butler Yeats used to say that it takes more courage to examine the dark corners of your own soul than it does for a soldier to fight on the battlefield.

### On the Courage to Speak Out

Song Video - Quiet, MILCK with GW Sirens and Capital Blend

[*https://www.youtube.com/watch?v=V9lond4SXgk*](https://www.youtube.com/watch?v=V9lond4SXgk)

[*https://www.youtube.com/watch?v=QZD05-ZvQFs*](https://www.youtube.com/watch?v=QZD05-ZvQFs)

“I can’t keep quiet…”

Quote - Audre Lorde

Next time, ask: What's the worst that will happen? Then push yourself a little further than you dare. Once you start to speak, people will yell at you. They will interrupt you, put you down and suggest it's personal. And the world won't end. And the speaking will get easier and easier. And you will find you have fallen in love with your own vision, which you may never have realized you had. And you will lose some friends and lovers, and realize you don't miss them. And new ones will find you and cherish you. ... And at last you'll know with surpassing certainty that only one thing is more frightening than speaking your truth. And that is not speaking.

Quote - Audre Lorde

I have come to believe over and over again that what is most important to me must be spoken, made verbal and shared, even at the risk of having it bruised or misunderstood. That the speaking profits me, beyond any other effect … what I most regretted were my silences. Of what had I ever been afraid? To question or to speak as I believed could have meant pain, or death. But we all hurt in so many different ways, all the time, and pain will either change or end. ... Your silence will not protect you… And of course I am afraid, because the transformation of silence into language and action is an act of self-revelation, and that always seems fraught with danger.

Quote - Audre Lorde

We can sit in our corners mute forever while [our lives are] wasted, while our children are distorted and destroyed, while our earth is poisoned, we can sit in our safe corners as mute as bottles, and still we will be no less afraid.

Quote - Albert Einstein

The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.

Quote - [Toko-pa](https://toko-pa.com/2013/11/28/outing-the-unspoken/)

It’s never comfortable to be the lone voice which speaks contrarily to the group, especially the group to which one feels belonging… and it rarely feels courageous while you do so. But if you can stand the terrible loneliness and doubt, there might slowly emerge the young tendrils of understanding in the hearts of others. Then, and only then, will you see that you’ve been tremendously brave.

Quote - Brené Brown

You can choose courage or you can choose comfort, but you cannot have both.

### 

### On Courage and White Supremacy

Webpage -Tema Okun on fear & white supremacy culture

<https://www.whitesupremacyculture.info/fear.html>

“This page explores how white supremacy culture's number one strategy is to make us afraid. When we are afraid, we lose touch with our power and are more easily manipulated by any promise of safety, even as we come to slowly learn that safety dependent on violence is not safe at all...”

Quote - [Cristina Rivera Chapman](https://www.whitesupremacyculture.info/characteristics.html)

White supremacy needs me to be afraid that I have everything to lose if I interrupt it; that if I speak truth to power, or fail to sufficiently revere the status quo, then I could lose my job, my life, my relationships.

Reflection - We Hold On, Rev. Theresa I. Soto

Found in [Spilling the Light](https://www.uuabookstore.org/Spilling-the-Light-P18511.aspx), a UUA meditation manual & Soul Matters “[Common Shelf](https://docs.google.com/document/d/1SteZsbLGFjDhZyF3jkG_ION96643nG8TW6m013DCwYs/edit#heading=h.wcm1dfk4lnr5)” Book

### On Ordinary Courage

Quote - Mary Anne Radmacher

Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’

Poem - Courage, Anne Sexton

Full poem at <https://allpoetry.com/poem/8505443-Courage-by-Anne-Sexton>

It is in the small things we see it.

The child's first step…

The first time you rode a bike…

Poem - Most of the Days of the Week, Deirdre Fagan

Full Poem: <https://wordsfortheyear.com/2015/07/15/most-of-the-days-of-the-week-by-deirdre-fagan/>

“On Monday you make pancakes, pay the bills...

On Tuesday… Wednesday… Thursday… Friday…

Saturday... When the grease in the bacon pan begins to sizzle, you don’t imagine dousing yourself in it or starting a grease fire. Instead you serve up breakfast and sip your coffee admiring the life you have created, the one still in the making.”

Story/Anecdote - Heroism at the BART Station, Rev. Vanessa Southern

Found in [Miles of Dream](https://www.uuabookstore.org/Search.aspx?k=Miles+of+Dream), a UUA worship resource & Soul Matters “[Common Shelf](https://docs.google.com/document/d/1SteZsbLGFjDhZyF3jkG_ION96643nG8TW6m013DCwYs/edit#heading=h.wcm1dfk4lnr5)” Book

Article - Six Ways to Find Your Courage During Challenging Times, By Amy L. Eva

Full article at <https://greatergood.berkeley.edu/article/item/six_ways_to_find_your_courage_during_challenging_times>

1. See yourself as courageous
2. Get comfortable with mistakes
3. Keep trying
4. Look for the heroes
5. Clarify your values
6. Become part of a social force for courage

### 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.*

**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>

Christian - Walking on Water, Matthew 14: 22-31

***On the courage of finally walk toward our worthiness***

<https://www.uuhaverhill.org/sermons/2019/3/24/stepping-out-of-that-boat-called-fear>

**Christian -** **The Healing of a woman’s daughter, Matthew 15: 21-28, or Mark 7: 24-30**

***On the courage to demand your right to well-being.***

[Interpretive poem](https://www.patheos.com/blogs/ecopreacher/2020/08/the-canaanite-woman-took-a-knee-matt-1521-28/): “He dared asked for healing, release, relief, from the demonic system.”

**Buddhist – The Abbot & the Sword**

***On the courage to accept the inevitable so we can escape the clinging to the life that once was***

A fierce and terrifying band of samurai was riding through the countryside, bringing fear and harm wherever they went. As they were approaching one particular town, all the monks in the town’s monastery fled, except for the abbot. When the band of warriors entered the monastery, they found the abbot sitting at the front of the shrine room in perfect posture. The fierce leader took out his sword and said, “Don’t you know who I am? Don’t you know that I’m the sort of person who could run you through with my sword without batting an eye?” The Zen master responded, “And I, sir, am the sort of man who could be run through by a sword without batting an eye.”

*See Sylvia Boorstein’s take on this story at* [*https://www.lionsroar.com/fear-and-fearlessness-what-the-buddhists-teach/*](https://www.lionsroar.com/fear-and-fearlessness-what-the-buddhists-teach/)

**Buddhist - the Demon’s Mouth**

***On the courage to lean into and learn from our fears. On the courage to see our fears as teachers.***

<https://tricycle.org/magazine/demons-mouth/>

**Jewish – Two tales for Yom Kippur**

***On what happens when we lack the courage to accept apologies***

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

Starts at minute 10:15.

**\*Note about our interest in fairy tales this year, especially those of the Grimm Brothers**: *There’s a darkness to the Grimm’s versions of fairy tales that is said to arise from their desire to prepare children for a hard and threat-filled future. While our view of the future may not be that pessimistic, our times certainly call us to more complicated views than the Disney versions that promise everything will end happily ever after. This aligns well with this year’s themes that invite us to explore the paths we need to lean into or reconsider to birth a new normal worthy of our hopes.*

# 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.

**Courageous Love**

Rev. Gretchen Haley

<https://revgretchenhaley.wordpress.com/2017/02/10/courageous-love/>

“I have come to understand that answering the call of courageous love requires a capacity to live with a lot of pain, a commitment that persists through great sacrifice, and a willingness not to turn away, but to move towards what in regular times we might call, danger…”

**The Courage of Faith and Doubt**

Rev. Gretchen Haley

<https://revgretchenhaley.wordpress.com/2017/03/01/the-courage-of-faith-and-doubt/>

"Faith is the leap into the deep waters, where we cannot see the bottom – the willingness to trust, to relax, and to swim in the same ways we would have if we could see, if we did know exactly what is there, and to live with the unknowing.”

Where Seldom is Heard…

Rev. Rod Richards

<https://docs.google.com/document/d/1G5RAamlJs5YW41CCtgBKS3Taf8dLj1fA/edit?usp=sharing&ouid=101245613595157190644&rtpof=true&sd=true>

“Dis-courage-ment robs me of courage. How can I ever replenish courage—restore courage—if I am in this world where an encouraging word is seldom heard…”

**Ordinary Courage**

Rev. Gregory Pelley

<https://drive.google.com/file/d/1xE05WdFy_TEeds2aLwTHF33XICz3IxwV/view?usp=sharing>

“We need only to be aware - to be present to what is happening around us. We need only to take a risk - to speak out even when it is hard - even when our voice shakes. And then we need to do something - to put our hands into doing the work. We can make miracles. My prayer for us today is that we might have the ordinary courage to engage ourselves in this miracle making…”

Courage of a Broken Heart

Rev. Gregory Pelley

<https://drive.google.com/file/d/1z-rRvrYstwZ2WQ5T5Pu9Jn5Ed6EHgk72/view?usp=sharing>

“Courage is to bring praise and thanks to our broken heart. It is to TRUST that into the empty spaces… come the possibility of living out the lives we were born to live.”

**Sacred Vulnerability**

Rev. Chris Jimmerson

<https://austinuu.org/wp2013/sacred-vulnerability-2/>

On the courage to lean into our vulnerability

**Scaredy Cats**

Rev. Angela Herrera

<https://www.youtube.com/watch?v=ruUW1zdtNp0>

“There are some things that will scare you so bad that you’ll hurt yourself…”

***Permission note****: see the congregation’s sermon usage guidelines:* [*https://uuabq.org/use-of-sermons-by-lay-led-congregations/*](https://uuabq.org/use-of-sermons-by-lay-led-congregations/)

**Featured Preacher Bios & Contact Information**

* *Rev. Gretchen Haley -* [*https://foothillsuu.org/ministersandstaff/*](https://foothillsuu.org/ministersandstaff/)
* Rev. Rod Richards - <https://uuslo.org/dt_team/rod-richards-minister>
* *Rev. Gregory Pelley -* [*https://www.uusmc.org/about/minister-staff/*](https://www.uusmc.org/about/minister-staff/)
* *Rev. Chris Jimmerson -* <https://austinuu.org/wp2013/about-us/message/>
* *Rev. Angela Herrera -* <https://uuabq.org/our-staff/>

# Closing Words

forged by a greater courage…, Rebekah Savage \*

Full piece at <https://www.uua.org/worship/words/benediction/promise-and-practice-benediction-1>

#### [Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

…forged by a greater courage.

Let us move from this place,

Encouraged and refreshed for the journey ahead.

Go Boldly, Jean M. Olson \*

Full piece at <http://www.uua.org/worship/words/blessing/go-boldly>

#### [Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

May you be brave enough

to expose your aching woundedness and reveal your vulnerability…

May you love even though your heart breaks again and again…

The World is Too Beautiful, Eric Williams \*

Full piece at <http://www.uua.org/worship/words/benediction/world-too-beautiful>

#### [Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

The world is too beautiful to be praised by only one voice.

So may you have the courage to sing your part…

Do Not Fear Agitation, Tania Márquez \*

Full piece at <https://www.uua.org/worship/words/blessing/do-not-fear-agitation>

#### [Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

Go in peace and in gentle agitation to stir this world to the side of love…

We Are Not Done, Audette Fulbright Fulson \*

Full piece at <https://www.uua.org/worship/words/reading/we-are-not-done>

#### [Permission Source](https://www.facebook.com/photo.php?fbid=10157296292584958&set=p.10157296292584958&type=3&theater)

Do not think fear is the end of us—oh

you are broken in mind and heart if you even imagine

that our fear for our lives is the end of this story…

We have come to take back the world

the world that is the inheritance of better children

better lovers

better days...

Never the last word…

Cornel West

We need the courage to question the powers that be, the courage to be impatient with evil and patient with people, the courage to fight for social justice. In many instances we will be stepping out on nothing, and just hoping to land on something. But that's the struggle. To live is to wrestle with despair, yet never allow despair to have the last word.

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# Support

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<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 at 4pm 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](https://www.soulmatterssharingcircle.com/spotify-lists.html) for links to the [Spotify playlists](https://www.soulmatterssharingcircle.com/spotify-lists.html) for each month.

Click [here](https://www.youtube.com/channel/UCL_fSD0_Ps01lGauCVL_mKQ/playlists) to check out the [YouTube playlists](https://music.youtube.com/channel/UCL_fSD0_Ps01lGauCVL_mKQ).



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