



The Root of The Word: “Trust comes from the Norse *traust*, Proto-Germanic *traustam*, and Old English *treowian*. All these roots point to confidence, reliance, protection, solace, and support. They ask, where do you find your confidence? Where do you find solace?” - [source](#)

“I was noticing that trust and truth share the first three letters “tru.” I went searching for the origins and etymology of both words, trust and truth, and found that they share in common one word — faithful. I began to explore then how trust and truth might be linked and to what and whom is it that I am faithful.” - [source](#)

Trust

By Ingrid Marshall, on behalf of Pastoral Ministry Associates

“Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.”

--Closing affirmation to our Unitarian Universalist Statement of Principles

What does it mean to be a people of trust? How do we live our promise of mutual trust and support? When you are in pain or lost in a time of worry, do you trust your congregation to be there for you? Are you able to ask for help? And are you willing to listen when someone else trusts you enough to share their concerns?

In many relationships, trust is something to be earned over time. In our congregations, it is a starting point, a promise made from the day you become a member. This is not an easy assignment, but our principles are not an easy assignment.

Many of us have come from religious backgrounds that tell us what to believe and how to act. To be a UU is to participate in the “free and responsible search for truth and meaning.” Each of us is on our own path in this search. To be a UU is to affirm the inherent worth and dignity of every person. We trust each other to respect our journeys and to support us.



DuPage Unitarian Universalist Church

February 2019 Journal

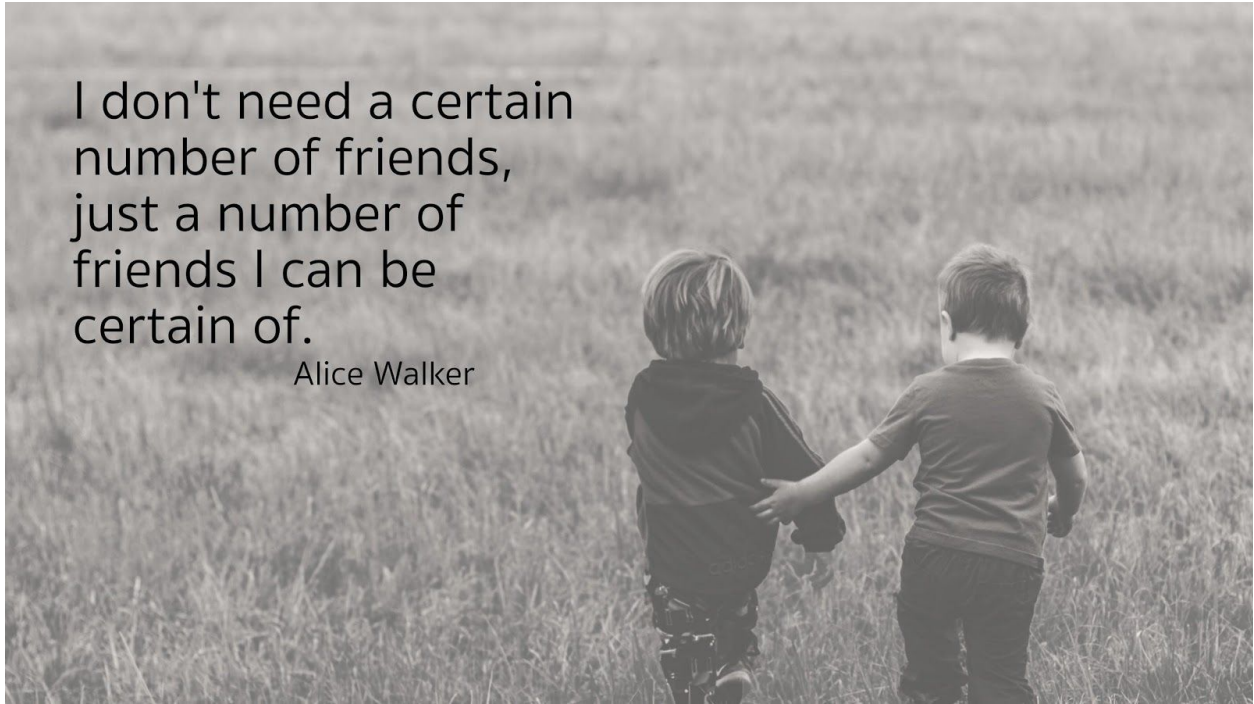


At DUUC we have ways that every member can ask for help and ways that members can support those who need help. The Joys and Concerns that are offered at services and through our closed Facebook page are a way for us to connect with each other. These are times when we trust there will be respect and confidentiality, support, caring and shared celebrations from our members.

We demonstrate our mutual trust and support in Spiritual Development Groups, Covenant Groups, Chalice Circles, and even in committee meetings. I also get that sense of trust and support during coffee hour. The simple question “How are you?” can open a deep conversation if it is followed by honest listening within an atmosphere of trust and support.

Pastoral Ministry Associates (PMA) are selected church members who provide a ministry of support, caring and helping activities to our church members who are experiencing a crisis or struggling with a difficult time. This is pastoral care - a ministry of presence and support - not counseling. If a person or their family is experiencing life changes, or if you are concerned about another member of our church who is experiencing life changes and would like assistance, please contact PMA co-chairs Sue Gately or Sarah Baldwin or Congregational Life Coordinator Mary Law.

Sometimes, all you need is for someone just to be there, even if they can't solve your problems. Just knowing there is someone who cares and whom you can trust can make all the difference.



I don't need a certain
number of friends,
just a number of
friends I can be
certain of.

Alice Walker





Chalice Carrier

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The Purpose of the Chalice Carrier is to deepen our understanding of one of our most familiar Unitarian Universalist symbols. The light of the Chalice connects us all together and is a sacred element of our beloved community. The Chalice may also be used as a symbol of hope when one is feeling or experiencing a sense of darkness. We will learn about its history and how it brings people together through learning and love.

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Each week a family/household (not just those with children) will take home the Chalice Carrier, which will be inside a special box. A sign-up sheet will be in Kreves Hall on the buffet cabinet near the video kiosk.

You may want to use the Chalice during your meals, family meetings, or as a bedtime ritual. Choose a reading from the materials provided or make your own.

Take a photo of the chalice and post it on the DUUC Coffee Hour Facebook page or send it to dre@dupageuuchurch.org (Is the Chalice on your dining room table, mantle, next to a bedside table?)

- Record your experience in the included journal.
- How did the chalice enrich your experience?
- In what ways was the chalice used?
- Tell us who you are and when you had the chalice.
- If you created your own reading, you may share it in the journal

Bring the Chalice Carrier and all its contents back to church the following week so that the next family/household may use it.

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A handmade one-of-a-kind Chalice designed and created for our church; Special Cloth, Battery Operated Candle, Votive with Wax Candle, Pen, Journal, Chalice Lighting Readings, and a book titled "A Cup of Light: All About the Flaming Chalice" by Pamela Baxter.





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By Steve Cooper, Director of Religious Education

Welcome to February’s theme on “What Does It Mean to be a People of Trust?”

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Message: We make promises to help each other.

Spiritual Focus: The Spirituality of trusting each other as we make and keep promises. When we agree to follow the rules we make together, we are covenanting with each other. A covenant is a promise to each other about what we are going to do, and how we are going to behave. Covenants can be made on the playground. They can be made by people in families and by students and teachers in schools. They can be made in religions too. Our Unitarian Universalist religion has a covenant.

In our service for all ages, we are going to explore the history of our UU covenant, the Seven Principles, and see how they relate to each other and to us. The Children’s Choir will sing for us.

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Message: Trust is a big part of love. Loving someone is about more than warm and tender feelings; at its heart it involves putting our trust in another human being.

Spiritual Focus: the practice of compassion.

We tease apart the sentimental love for Valentine’s into trust and compassion. These slightly different lenses give us more depth to reflect and act on. In honor of Black History month, we celebrate the birthday on Feb. 12 of Fannie Barrier Williams, a Black Unitarian activist.

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Message: You can trust life to be a friend not foe.

Spiritual Focus: The Spirituality of using trust as a springboard for courage.

This session invites the children to reflect on the importance of trusting life and how that gives us courage and hope. It sometimes feels risky to trust life, but it’s worth it!

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Message: We trust our abilities and that our abilities will grow as we learn new things.

Spiritual Focus: The Spirituality of trusting the process of growing up; and also, the spirituality of believing in yourself. Children learn to trust their intuition and feelings and trust their abilities.

In our Youth Small Group Sharing Circles the children will enjoy learning about Fannie Barrier Williams, a Black activist, Unitarian, and contemporary of Susan B. Anthony, whose birthday, like Anthony’s, is close to Valentine’s Day. She was an extraordinary woman who deserves our recognition. Her story serves as a good example of how racism has buried the accomplishments of people of color. I had never come across her story and was excited to delve into research about her speeches, projects and quotes.





February is Black History Month, an opportunity to introduce children and families to the idea of trusting that change is possible and reflecting on racism as a breaking of trust that has diminished our humanity. When trust is broken, we are wounded, and wounds leave scars. There are many scars and wounds caused by racism, in the past and now. Racism and oppression mean that people of color can't always trust institutions like police and banks to help them. Sometimes, our own Unitarian Universalist denomination betrayed the trust of Unitarian Universalist people of color. Other times our denomination has followed the leadership of people of color and we have done better trusting each other. Right now, by telling stories and understanding racism, we are trying to take steps to create the trust we wish we had.

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Mary Law, Congregational Life Coordinator

If you haven't read Ingrid Marshall's article on the first few pages, I highly recommend you scroll up and read it. The line that stood out to me at first was this one: "In our congregations, trust is a starting point, a promise made from the day you become a member."

Trust is crucial to being part of this congregation, this community. I know that there are some of us that are having a hard time trusting others among us. We need to have faith that trusting one another is one of the reasons that we all joined DuPage UU Church.

I hope that those that read this Journal will take a look at the wonderful Exercises, Questions and other resources about Trust that are part of the small group packet in the following pages.





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The following resources are being used for our small groups at DuPage UU Church and may be helpful for you to use to think about what it means to be a people of and a person of Ø . If you are interested in learning more about Covenant or other small groups, contact Mary Law at membershipduuc@gmail.com.

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By Reverend Scott Tayler, Soul Matters

In religious circles, “trust talk” most often revolves around having faith that life will look after us. For instance, our Christian friends sing hymns about God “watching over us” and keeping “an eye on the sparrow.” Our Jewish friends lift up the Exodus story to encourage faith that God will help us make our way even when things look bleak. Likewise, prayer practice for our Muslim friends is all about reminding oneself that you are in Allah’s safe hands. We UUs translate similar sentiments using the language of trusting “a Love that will not let us go.” Á

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This call to trust life’s support comes to us as a gift. After all, it’s all too easy to convince ourselves that life is a foe. So we need our faith communities to restore our faith that life is ultimately a friend. We need the reassurance. We need to know that when we fall we can count on being picked up. Á

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But what about being pushed? Don’t we need to count on that, too? A Love that won’t let us go is essential, but isn’t it just as important to have faith in a Love that won’t let us get too comfortable? Especially as we welcome in Black History Month, we certainly don’t want to forget about a Love that disturbs. We need a Love that promises to not let privilege remain hidden, and unsettles those who have it; a love that tells those of us who are marginalized and tired, “I won’t let your pain be ignored.”Á

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And just when that call to trust seems the one we all need to listen to, another voice adds itself to the mix, this one telling us to trust that it’s not all up to us, that sometimes it’s ok to rest; that doesn’t disturb but instead assures us that we can let go. That tells us to trust that we can - for a while - put the work down because others are ready to pick it up, knowing that we will be there to pick it up when rest calls to them.Á

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So, friends, where does that leave us?Á
What is it? Á
Trust life to pick us up?Á
Trust life to push and poke us?Á
Trust that it’s ok to put the work down for a while?Á
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It is all of them, of course, and more.Á





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But maybe it's mostly about trusting that we'll know which call is right for us. Maybe it's about having faith in ourselves and not letting anyone tell us what we need to trust.Á

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There's no one message this month, after all. Everyone's heart is wrestling with a loss of faith in its own way. The trust you need to repair is likely different than mine. What we both long for is safe space. Space to say how hard that work of repair is, space to say how much it hurts to have to repair it in the first place.Á

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So let's remember that, above all; and prove, this month, that we all can be trusted to offer each other that precious space.

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Facing our fears takes a whole lot of self-trust. Getting over self-doubt can seem an impossible hurdle. That's why some advise us to simply "Jump!" "Take a leap of faith," we're told. "Go all in!"

But what if the secret path to overcoming our fears and believing in ourselves is not one big leap, but instead a bunch of baby steps?

This exercise is all about those baby steps. Here's your challenge in a nutshell:

Identify one of your core fears and then find one small way of facing it.

Or to put it another way:

Find one manageable way to build your 'I believe in myself' muscle!

Your options are endless.

Fear that you'll never get in shape? Forget getting back into the gym; just commit yourself to take an hour-long walk every Monday of this month.

Is social anxiety your nemesis? Forget forcing yourself to go to those office parties and just make yourself invite a co-worker or two out for lunch.

Terrified of public speaking? Don't start by volunteering to do a lay sermon and instead, sign up to teach an RE class.

Doubting your courage to pursue that entrepreneurial dream you've had for so long? Don't quit your job and leap in. Instead simply commit to drawing up a business plan for it this month.

Been afraid to stick up for your worth at work and ask for a raise? Don't boldly walk into your boss's office just yet. Instead, just sit down and write the raise you want on a napkin and carry it around in your pocket all month.

Bottom line: No need to jump into self-trust head first. Just tiptoe toward it instead!





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Our monthly theme and Valentine’s Day are a perfect fit. Everyone knows that love and trust go hand in hand. But do partners build the trust needed to keep our relationships loving and strong? Psychologist and researcher, John Gottman, claims that our usual answers have it upside down. Common wisdom advises us that it’s dependable grand gestures of love that make the magic happen: surprise romantic getaways or the ability to have “deep conversations.” Gottman objects. He says, “Nope, it’s the small stuff!” Tiny things, like bringing your partner coffee or putting down your phone when they’re talking or remembering that they have a big presentation coming up next week. Gottman has even created a formula: If you average five of these small positive interactions to every one negative or failed one, you are guaranteed a loving and trust-filled relationship!

Sounds too simple, right? Well, this month, you are invited to test it out. Take some time to learn about Gottman’s theory by watching the below videos. Then commit yourself to five of these small gestures a week (or even a day!) and see what happens!

Note: It works with friendships and other relationships, too! So for those of us who are single, consider testing it out with a family member or friend whose relationship you want to deepen or improve.

Videos to Watch:

- https://www.youtube.com/watch?time_continue=58&v=QHN2EKd9tuE
- https://www.youtube.com/watch?time_continue=39&v=ib7Ain2aVR0
- https://www.youtube.com/watch?time_continue=172&v=rgWnadSi91s
- <https://brenebrown.com/videos/anatomy-trust-video/>

A Couple Books to Dig Deeper:

- The Relationship Cure
- What Makes Love Last?: How to Build Trust and Avoid Betrayal

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Our ability to trust life is related not just to what happens to us but also what we choose to focus on. So this exercise invites us to use intentional focus to strengthen our trust in life. It’s a simple but impactful practice of writing a “love letter to life” at the end of each day. Here’s a link to an article that explains the ritual and its potential:

<https://www.npr.org/sections/13.7/2012/02/09/146472775/the-pulse-and-beat-of-a-daily-valentine-ritual>

Try it out for a week or even two. Put your own spin on it. Come to your group ready to share your journey.





Trust

February is Black History Month. Issues of trust are woven throughout. How does one trust in a society and systems that have repeatedly broken their promises of freedom and equality? How is trust repaired at a personal level when unacknowledged microaggressions happen over and over? How does one learn to be a trustworthy ally? The list of questions goes on and on.

And maybe the most important question is: "Which is your question?"

Black History Month contains a call for each of us. So as your spiritual exercise, make the time to explore and identify your unique call around racial justice and healing this month. How is Black History Month challenging you to deepen or repair trust? What "trust-work" is it asking of you?

To help you make your way, we've put together a list of various resources that address the relationship between racial justice and trust from a number of perspectives. Here's the link to that document:

<https://docs.google.com/document/d/1d9zFi5mOgpBB-Fh7gBUct91aqJovny62rt1S3kUbmCc/edit?usp=sharing>

Take your time to go through it in any way that is helpful to you. You can engage the entire list or just focus on the ones that stick out. Even seek out other resources if you need. The work is one of exposing yourself to the wide terrain and then finding where your trust-work is located on the map.

Trust

Our recommended resources are full of wisdom about what it means to be a people of and a person of trust. Engaging these resources and finding the one that especially speaks to you is a spiritual practice in and of itself.

So, if none of the above exercises call to you, engage the recommended resources section of this packet as your spiritual exercise for the month.

Set aside some regular time throughout a week to go through them and meditate on them until you find the one that most expands or deepens your understanding of trust. After you've found it, consider printing it out and carrying it with you or pinning it up so you can continue to reflect on it throughout the weeks leading up to your group meeting. Come to your group ready to share where the journey led you.



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As always, don't treat these questions like "homework" or try to answer every single one. Instead, make time to meditate and reflect on the list and then pick the one question that speaks to you most. The goal is to figure out which question is "yours." Which question captures the call of your inner voice? Which one contains "your work"? What is it trying to get you to notice? Where is it trying to lead you?

1. Who has taught you the most about risking trust?
2. What have you trusted since childhood? What have you never lost faith in?
3. How have you changed your mind about trust?
4. Are you trusting or ignoring your gut right now?
5. What would happen if you trusted life enough to let go?
6. What would happen if you trusted that you are right where you are meant to be? That life is exactly what you need right now?
7. Have you ever been surprised that someone was willing to trust you?
8. When broken trust left you broken-hearted, what voice in your head or word from a friend helped you pick up the pieces?
9. Have you ever felt betrayed by your country?
10. What would it mean to trust people to be who they are rather than what you wish they were?
11. You're worried about how this thing in front of you is going to work out. Might it be possible to trust that you will be fine either way?
12. What have you learned about trusting grief, rather than trying to make it go away?
13. Has it ever been hard to trust that your children will find their way?
14. **What's your question?** Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it. Or maybe the question or call you need to hear is waiting in one of the quotes listed below. Consider looking there!





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The following resources are not required reading. They are here to companion you on your journey this month, get your thinking started and open you to new ways of thinking about what it means to be part of a people of trust.

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As you start to walk out on the way, the way appears.
Rumi

I imagine trust as these invisible hands that we stretch out into the world looking for someone to hold on to as we walk into the unknown future.”
[Alya Titarenko](#)

To have faith is to trust yourself to the water. When you swim you don't grab hold of the water, because if you do you will sink and drown. Instead, you relax and float.
As free congregations, we enter into this covenant, promising to one another our mutual trust and support.
Closing affirmation to our Unitarian Universalist Statement of Principles

Distance doesn't ruin a relationship; doubts do.
Unknown

When something feels off, it is. Trust Yourself.
Unknown

A bird sitting on a tree is never afraid of the branch breaking because her trust is not in the branch but in her own wings.
Unknown

Alan Watts

In our prayers, we are “nestling in” with reality, adopting a stance that declares we trust what is “out there” and what is “inside.” In moments of meditation, we assume certain confidence, a faith that what is, is ultimately friendly, capable of supporting our life... No matter what befalls, no matter what you become, Love awaits...
[Barbara Merritt](#)

Today I want to greet joy
Without a trace of suspicion.
Amy Loyd

Few delights can equal the mere presence of one whom we trust utterly.
George MacDonald

It is mutual trust, even more than mutual interest, that holds human associations together.
H.L. Mencken

Trust is like the air we breathe. When it's present, nobody really notices. But when it's absent, everybody notices.
Warren Buffett





When you're surrounded by all these people, it can be even lonelier than when you're by yourself. You can be in a huge crowd, but if you don't feel like you can trust anybody or talk to anybody, you feel like you're really alone.

Fiona Apple

You may be deceived if you trust too much, but you will live in torment if you don't trust enough.

Frank Crane

The only way you can make a [person] trustworthy is to trust [them].

Henry Stimson

I don't need a certain number of friends, just a number of friends I can be certain of.

Alice Walker

The glory of friendship is not the outstretched hand, not the kindly smile, not the joy of companionship; it is the spiritual inspiration that comes to one when you discover that someone else believes in you and is willing to trust you with a friendship.

Ralph Waldo Emerson

Crocodiles are easy. They try to kill and eat you. People are harder. Sometimes they pretend to be your friend first.

Steve Irwin, famed wild animal trainer

I've come to trust not that events will always unfold exactly as I want, but that I will be fine either way.

Marianne Williamson

Follow your bliss and the universe will open doors for you where there were only walls.

Joseph Campbell

There is always that edge of doubt. Trust it. That's where the new things come from.

Albert Huffstickler

If you can trust yourself when all men doubt you,
But make allowance for their doubting too...

Yours is the Earth and everything that's in it...

Rudyard Kipling, from "If"

Trust that truth whether good or bad, pretty or ugly, is still truth . . . the knowledge of anything true brings freedom and empowerment back to oneself.

Alice Walker

You were born with greatness.
You were born with wings.
You are not meant for crawling,
so don't.

You have wings.
Learn to use them and fly.

Rumi, on trusting yourself

You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you choose.

You're on your own.
And you know what you know.
And YOU are the one
who'll decide where to go...

Dr. Seuss, on trusting yourself

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John O'Donohue

The full poem at
<http://www.ayearofbeinghere.com/2015/12/john-o-donohue-for-grief.html>

When you lose someone you love...
It becomes hard to trust yourself.
All you can depend on now is that
Sorrow will remain faithful to itself.
More than you, it knows its way...





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*Jan Richardson, From
The Cure for Sorrow: A Book of Blessings for
Times of Grief*
[Full poem.](#)

Let us agree
for now
that we will not say
the breaking
makes us stronger
or that it is better
to have this pain
than to have done
without this love...
Perhaps for now
it can be enough
to simply marvel
at the mystery
of how a heart

so broken
can go on beating,
as if it were made
for precisely this...
as if it trusts
that its own
persistent pulse
is the rhythm
of a blessing
we cannot
begin to fathom
but will save us
nonetheless.

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Galway Kinnell
[Full poem](#)

Wait, for now.
Distrust everything, if you have to.
But trust the hours. Haven't they
carried you everywhere, up to now?

A bird sitting on a tree is never
afraid of the branch breaking,
because her trust is not in the
branch but in her own wings.

- Unknown





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Cover by Carli Tuttle

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Mark A. Miller

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MUSE Choir

Not just a song. Watch the creation of a meditation on the trustworthiness of friendship.



More "Trust Songs" are found on our February Spotify playlists [Trust](#), [Love](#), and [Broken Hearts Club](#).

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Brené Brown

Trust is built in the small moments, not the grand gestures!

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A spoken and movement meditation on trust. In Collaboration with Cirque Du Soleil.

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Naomi Oreskes
Historian of science Naomi Oreskes thinks deeply about our relationship to belief and draws out three problems with common distrustful attitudes toward scientific inquiry -- and gives her own reasoning for why we ought to trust science. [spoiler alert: her answer is not what you might expect!]

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Explores the flipside of trust and asks whether it is possible for anyone to lead a life without deception. How are we to understand the strange power of lying to yourself and others?

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Hidden Brain Podcast
On what it means to tell a trustworthy and full version of our history and how such tellings call us to more trustworthy and true tales of our own contradictions.

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Middle Ground Videos

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“As parents, we spend a lot of time worrying about our children. We fret about the degree to which our parenting affects their development and well-being. Yet children are actually emancipated individuals who would spare us the insecurities of raising them if we would trust them...”

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Paul Zak

“We’ve culturally moved from seeing Wall Street as an icon of thriving civil society to discussing its workings with book titles like House of Cards and Animal Spirits. As part of our ongoing Repossessing Virtue series, we look at what science is learning about trust, fair play, and empathy...”

Excerpt: “I discovered that trust was sort of the big gun economists have been looking for. It’s really the most powerful lever we’ve found to date to understand why countries are rich or poor...”

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Rebekah Savage

“I play this moment over and over again in my head: the day I heard of the Thomas Jefferson Ball, hosted by Unitarian Universalists in 1993... I grieve for the hurts

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David Brooks

“What you see then is not merely a disagreement about trade or this or that, but two radically different modes of politics, which you might call high-trust politics versus low-trust politics...”

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Eric Barker

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Eric Barker

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Adam Grant & Daniel Coyle

“I had it backward. I always thought, ‘Once we trust each other, then I can go out on a limb because I don’t have to worry about you harming me or taking advantage of me or letting me down.’ You said, ‘Actually, you take risks together first, and that’s how you build trust.’”

that this time in our history caused. I grieve for those who left our communities because of how this event was handled, which broke their trust in finding spacious rest in our congregations from the pervasive, violent racism in our country...”



DuPage Unitarian Universalist Church

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Rev. Mark Morrison-Reed
“Four decades have passed since the controversy over ‘black empowerment’ nearly tore the Unitarian Universalist Association apart. Even now, UUs remain unreconciled over what was for many a life-defining fight.”

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On how to be trusted as an ally.

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Michael Eric Dyson
On facing the fact that trust has been broken: “Short, emotional, literary, powerful-Tears We Cannot Stop is the book that all Americans who care about the current and long-burning crisis in race relations will want to read... Dyson argues that if we are to make real racial progress we must face difficult truths, including being honest about how black grievance has been ignored, dismissed, or discounted.”

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Camille Rankine
Scroll down to Langston’s Hughes poem and the reflection is underneath
“Let America Be America Again” has been ringing in my ears for months now. It snaked its way into the back of my mind when the Trump campaign rolled out its red-hatted slogan: “Make America Great Again.” The first time I saw those words, I knew exactly what they meant, and that they weren’t meant for me...”

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Ruth King
On race and rebuilding trust from the perspective of mindfulness and meditation.

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Christopher Chabris
On being able to trust ourselves

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John M. Gottman
[Article about the book:](#)

On the trustworthy friendships that see us through the storm

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Movies on social and corporate trust



