

The Path of Change



[We need] space to imagine a new way, and new self. Not moving or pushing but sitting and cultivating... [the goal] is to allow you space and time to reflect on your past, present, and future. To imagine a new beginning. - Rev. Sara LaWall

Monthly Theme Resources
November 2022

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Calendar Connections: November 2022

Month	Native American Heritage Month
	Alzheimer's Awareness Month
(Oct. 31)	Samhain (Wiccan) [more and more] (Oct. 31-Nov. 1)
Nov. 1	Día de los Muertos/Day of the Dead (Oct. 31-Nov. 2)
Nov. 2	All Saint's Day (Nov. 1)
	All Soul's Day (Nov. 2)
Nov. 3	Carol Mosely Braun became the 1st African American woman elected to the US Senate (1992)
Nov. 6	James Weldon Johnson & J. Rosamond Johnson composed "Lift Ev'ry Voice and Sing" (1900)
Nov. 8	Election Day
	Birthday of Dorothy Day (1897)
Nov. 10	"Sesame Street" first aired on PBS (1969)
Nov. 11	Veterans Day
Nov. 12	Birthday of James Luther Adams (1901) [more]
	Birthday of Elizabeth Cady Stanton (1815)
Nov. 13	U.S. Supreme Court ruled racial segregation on public buses was unconstitutional
	World Kindness Day
Nov. 15	Francis David died in prison (1579) [more]
Nov. 20	Transgender Day of Remembrance - [more]
Nov. 23	Tamir Rice is shot by a police officer after carrying a toy gun in Ohio (2014)
Nov. 24	Thanksgiving Day
	National Day of Mourning
	Grand jury decision not to indict Officer Darren Wilson for the killing of Michael Brown, sparking protests in Ferguson and cities across the U.S., including Chicago, Los Angeles, New York, and Boston. (2014)
	Evolution Day – date Origin of Species was published (1859)
Nov. 27 (-Dec. 24)	Advent begins (Christian) [more here and here]
Nov. 29	Buy Nothing Day

Recommended Resources for Personal Exploration & Reflection

Word Roots & Definitions

In the early 13th century, the root words of change meant "to substitute one for another." By the late 13th century, the meaning was shifting to "become different, be altered." This tension still exists, between replacing something and creating something new. This seems especially relevant to both personal and social transformation. Are we simply swapping out one habit/system for another, when what is truly needed is more novel and radical change?

Wise Words

We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations.

Anais Nin

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

Leslie Jamison

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

Anais Nin

The time will come when, with elation, you will greet yourself arriving at your own door, in your own mirror...

Derek Walcott

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

Jason Merchey

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

Joseph B. Wirthlin

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

Carl Rogers

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

William Bridges

Let difficulty transform you. And it will. In my experience, we just need help learning how not to run away.

Pema Chodron

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

Trent Shelton

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

John Kenneth Galbraith

There is something dying in our society, in our culture, and there's something dying in us individually. And what is dying, I think, is the willingness to be in denial.

Rev. Angel Kyodo Williams

When we identify where our privilege intersects with somebody else's oppression, we'll find our opportunities to make real change.

Ijeoma Oluo

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

Andrea Ayvazian

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

Howard Zinn

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

James Baldwin

Poetry

The Way It Is, William Stafford

https://gratefulness.org/resource/the-way-it-is-william-stafford/?utm_source=pocket_mylist

There's a thread you follow. It goes among things that change. But it doesn't change. People wonder about what you are pursuing. You have to explain about the thread...

For a New Beginning, John O Donahue

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

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

I Am Afraid of Nearly Everything, Anonymous

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

...most of all, I am afraid of what I might become:
reconciled to injustice,
resigned to fear and despair,
lulled into a life of apathy...

You Must Change Your Life, Richard Terrill

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

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

Videos & Podcasts

How Your Personality Changes As You Age

"Our traits are ever shifting, and by the time we're in our 70s and 80s, we've undergone a significant transformation... We become more conscientious and agreeable, and less

neurotic... Research has shown that we develop into more altruistic and trusting individuals. Our willpower increases and we develop a better sense of humor. Finally, the elderly have more control over their emotions. It's arguably a winning combination..."

<https://www.bbc.com/future/article/20200313-how-your-personality-changes-as-you-age>

Experiencing Aging and a Poem

A poem and visual meditation on aging
<https://davesikkema.wordpress.com/2013/09/14/no-going-back/>

On Penguins, a Cable & How Change Happens

<https://www.youtube.com/watch?v=S0aZOlvIFds>

U.S. Civil War

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

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

The End Of Capitalism Has Begun

https://www.theguardian.com/books/2015/jul/17/postcapitalism-end-of-capitalism-begun?CMP=share_btn_fb&fbclid=IwAR1THrLleFa3W85tMf5JefS-383CmBldtlu5lo1NLiDNX2eubQ_i0zWs10

Ibram X. Kendi on changing from "not racist" to antiracist

<https://www.youtube.com/watch?v=KCxbl5QqFZw>

Paper Straws Are Not Enough. Only "System Change" Can Halt Climate Crisis

https://www.democracynow.org/2022/7/21/h eat_wave_europe_climate_crisis_extreme

Is Your Carbon Footprint BS?

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

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

Music

Each month playlists are organized as a journey of sorts; consider listening from beginning to end as a musical meditation. Click for the Spotify playlist on [Change](#). Click for the YouTube playlist on [Change](#).

Articles

I Was Wrong

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

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

A Shift in American Family Values Is Fueling Estrangement

<https://www.theatlantic.com/family/archive/2021/01/why-parents-and-kids-get-estranged/617612/>

“Both parents and adult children often fail to recognize how profoundly the rules of family life have changed over the past half century...”

The Nuclear Family Was A Mistake

<https://www.theatlantic.com/magazine/archive/2020/03/the-nuclear-family-was-a-mistake/605536/> and <https://www.youtube.com/watch?v=sd9d5z7idyQ&t=13s>

The Midlife Unraveling, Brené Brown

<https://brenebrown.com/blog/2018/05/24/the-midlife-unraveling/>

On the changes of midlife and on changing our view about what midlife is. “Midlife is not a crisis. Midlife is an unraveling...”

Thomas Piketty Thinks America Is Primed for Wealth Redistribution

<https://www.nytimes.com/interactive/2022/04/03/magazine/thomas-piketty-interview.html> and https://www.youtube.com/watch?v=wpGG3_pBHUc

11 Ways White America Avoids Taking Responsibility for its Racism

Dr. Robin Diangelo

https://www.salon.com/2015/06/16/11_ways_white_america_avoids_taking_responsibility_for_its_racism_partner/
<https://notesfromanaspiringhumanitarian.com/white-people-increase-your-racial-stamina-take-the-pledge/>

Books

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge & the Teachings of Plants

Robin Wall Kimmerer

<https://openrivers.lib.umn.edu/article/woven-ways-of-knowing/>

Emergent Strategy: Shaping Change, Changing Worlds

adrienne maree brown

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

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

Kate Aronoff

<https://www.youtube.com/watch?v=Bp11KZ91NzI>
<https://climateandcapitalism.com/2021/05/28/four-competing-views-on-how-to-save-the-earth/>

An Indigenous Peoples' History of The United States

Roxanne Dunbar-Ortiz

<http://www.beacon.org/An-Indigenous-Peoples-History-of-the-United-States-P1164.aspx>

The Righteous Mind

Jonathan Haidt

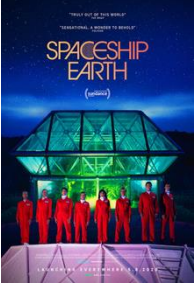

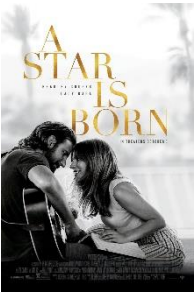

https://www.ted.com/talks/jonathan_haidt_the_moral_roots_of_liberals_and_conservatives?language=en

Being Mortal

Atul Gawande

<https://www.joincake.com/blog/being-mortal-book-review/> and <https://www.nytimes.com/2014/11/09/books/review/atul-gawande-being-mortal-review.html>

Movies

<p><u>Spaceship Earth</u>: The true, stranger-than-fiction, adventure of eight visionaries who in 1991 spent two years quarantined inside of a self-engineered biodome called BIOSPHERE 2. The experiment was a worldwide phenomenon, chronicling daily existence in the face of life-threatening ecological disaster and a growing criticism it was nothing more than a cult. The bizarre story is both a cautionary tale and a hopeful lesson of how a small group of dreamers could potentially reimagine a new world.</p>	
<p><u>Sound of Metal</u>: The story of an American drummer whose life is turned upside down by the onset of deafness. The film was critically acclaimed, with particular praise for the performances of actors Riz Ahmed and Paul Raci, the sound design, the editing and Marder's direction and screenplay. It was nominated for Academy Awards for Best Picture, Best Original Screenplay, Best Actor (Ahmed) and Best Supporting Actor (Raci), and won for Best Sound and Best Film Editing.</p>	
<p><u>A Star Is Born</u>: The 2018 remake of a classic film of the ascendance an aspiring young performer after receiving support and love from an aging performer whose age, hearing loss, and addictions lead to his own downward spiral. The movie garnered critical and commercial success and received praise for acting, directing, screenplay, cinematography, and music. The film received numerous accolades, including five Golden Globe and eight Academy Awards nominations, including Best Picture, Best Actor, Best Actress, and Best Supporting Actor.</p>	
<p><u>Groundhog Day</u>: A fantasy comedy starring Bill Murray, Andie MacDowell, and Chris Elliott. Murray portrays Phil Connors a cynical television weatherman covering the annual Groundhog Day event in Punxsutawney, Pennsylvania, who becomes trapped in a time loop, forcing him to relive February 2nd repeatedly. In the years since its release, the film has grown in esteem and is often considered to be among the greatest films of the 1990s and one of the greatest comedy movies ever. It also had a significant impact on popular culture and has been analyzed as a religious allegory by Buddhists, Christians, and Jews.</p>	

Reflection Questions

Don't treat these questions like "homework" or try to answer everyone. Instead, make time to meditate on the list and then pick the one question that speaks to you most. The goal is to figure out which question captures the call of your inner voice? Which one contains "your work"? And what is that question trying to get you to notice or acknowledge?

Often it helps to read the list to a friend or loved one and ask them which question they think is the question you need to wrestle with!

1. If you could change one thing about your past, what would it be?
2. How good was your family at changing their minds and admitting they were wrong? And how has that shaped you?
3. If you could reclaim a trait or strength from your childhood self, what would it be?
4. What do you wish your 16-year-old self would have known or felt to make the changes of your teenage years easier? What do you wish your 25-year-old self would have known to make their life changes easier?
5. Are you sure that it is too late to try?
6. It's what many of us fear the most: becoming reconciled to injustice, resigned to fear and despair, lulled into a life of apathy. Have you put in enough strategies to avoid this fate?
7. If you could easily let go of one grudge, wound or regret, what would it be?
8. Sure, "they" need to change. But how might you changing something about yourself enable that?
9. Would your 5th grade self still recognize you as "you"?
10. What do you wish you would have changed your mind about earlier?
11. What part of you no longer exists? How are you truly and radically different than your younger self?
12. Is that broken thing you keep trying to put back together keeping your life from that beautiful thing that is waiting to be built? (Trent Shelton)
13. **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 find it.

Meditations, Prayers & Blessings

Prayer of Co-Creation, Rev. Lyn Cox

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

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

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

Prayer for the Journey

Rev. Krista Taves

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

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

The Heart of Both-And

Rev. Lyn Cox

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

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

Disturb Us, Francis Drake

Disturb us, Lord, when
We are too pleased with ourselves,
When our dreams have come true
Because we dreamed too little,
When we arrived safely
Because we sailed too close to the shore.
Disturb us, Lord, when
with the abundance of things we possess
We have lost our thirst
For the waters of life;
Having fallen in love with life,
We have ceased to dream of eternity
And in our efforts to build a new earth,
We have allowed our vision
Of the new Heaven to dim.

The Butterfly Effect

Rev. Theresa I. Soto

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

Holy is this place, Rev. Maureen Killoran

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

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

In Between, Rev. Kate R. Walker

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

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

Bring Us Close to the Earth, Rev. Lyn Cox

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

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

A Prayer for Desert Times, Rev. Margaret A Keip

Full piece at <https://www.uua.org/worship/words/meditation/prayer-for-desert-times>
[Permission Source](#)

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

Stories For All Ages

Picture Books

Creature of Habit by Jennifer Smith

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

- **Book:** <https://www.amazon.com/Creature-Habit-Jennifer-Smith/dp/0593173058>
- **Video:** <https://www.youtube.com/watch?v=AkbeDTtWEpk>

Change Sings; A Children's Anthem by Amanda Gorman

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

- **Book:** [Change Sings: A Children's Anthem by Amanda Gorman and Loren Long](#)
- **Sankofa Read Aloud:** <https://www.youtube.com/watch?v=Tx-AQQ-6hdl>
- **Sung Aloud version:** <https://www.youtube.com/watch?v=F7WhXUj9SPs>

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

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

- **Ganondagan Online story:** <https://ganondagan.org/learn/legend-of-the-three-sisters>
- **Video with Felt Figures:** <https://www.youtube.com/watch?v=nXPfH5k08R0>

Everything is Connected by Jason Gruhl

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

- **Book:** <https://www.amazon.com/Everything-Connected-Jason-Gruhl/dp/1611806313>
- **Video Read Aloud:** https://www.youtube.com/watch?v=UcCJ3_d85eE

Wisdom Tales

- **The Windigo - Native American:**
 - “The Windigo” read by author, Robin Wall Kimmerer from Dear America: <https://www.youtube.com/watch?v=PyPjtjDb-QY>
 - Meet the Windigo: <https://www.journiest.com/the-monster-that-represents-insatiable-greed-2646872828.html>
 - “modern capitalist societies, however richly endowed, dedicate themselves to the proposition of scarcity. Inadequacy of economic means is the first principle of the world’s wealthiest peoples.” The shortage is due not to how much material wealth there actually is, but to the way in which it is exchanged or circulated. The market system artificially creates scarcity by blocking the flow between the source and the consumer. Grain may rot in the warehouse while hungry people starve because they cannot pay for it. The result is famine for some and diseases of excess for others. The very earth that sustains us is being destroyed to fuel injustice. An economy that grants personhood to corporations but denies it to the more-than-human beings: this is a Windigo economy.”
— Robin Wall Kimmerer, Braiding Sweetgrass
- **The Stream - Sufi:**
 - <https://www.questformeaning.org/quest-article/stream-sufi-story/> (letting go and trusting change)
 - “...And the stream raised its vapor into the welcoming arms of the wind, which gently and easily bore it upwards and along, letting it fall softly as rain once they reached the roof of a mountain, many, many miles away, where it then became a river.”
- **Fairy Tale – The Frog Prince**
 - <https://www.centerforlit.com/blog-roll/2020/4/27/the-frog-prince-and-the-answer-to-everything> (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)