

Lifespan Faith Development for Adults & Older Youth “at home” or “on-the-go”

For May 14, 2017 –Theme of the Month: EMBODIMENT

Curated by Mary B. Collins, Director of Lifespan Faith Development, curated from Soul Matters



SONG: Connected by Brian Tate performed by City Soul Choir

I am a part of you. You are a part of me. And so together we are one body...

<https://www.youtube.com/watch?v=NUKyWJ7DSg0>

ARTICLE: Six Ways to Be Embodied While You Eat <http://www.mindful.org/6-ways-practice-mindful-eating/>

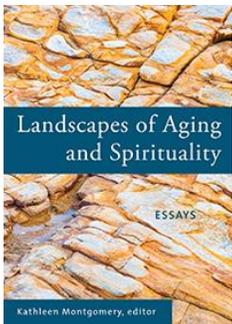
Informal mindfulness practices for those of us who don't have five minutes to contemplate a raisin.



Do You Embody Your Body With Joy? <https://www.youtube.com/watch?v=f0tEcxLDDd4>

Embodying and Accepting our Beauty <https://www.youtube.com/watch?v=aW8BDgLpZkl>

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



BOOK : Landscapes of Aging and Spirituality: Essays - Nineteen UU writers reflect on embodying the experience of aging and the spirituality of aging. Alternately tender and frank, funny and wistful, these heartfelt ruminations offer companionship for those walking and embracing the journey of later life. <https://www.amazon.com/Landscapes-Aging-Spirituality-Kathleen-Montgomery/dp/1558967591>

+ **YOUTUBE VIDEO** - *General Assembly panel discussion with some of the authors 1 hr.7 minutes* <https://www.youtube.com/watch?v=WqSLHt5seI8>

QUESTIONS this Mother's Day to CONSIDER:

- What family legacy are you embodying and living out? Is that legacy a blessing or a burden?
- Who is asking you to embody the role of “mother” for them right now?
- Has your embodiment of the role of mother turned out the way you expected?

READING: Embodying our Family Legacy

“A legacy is something that is passed on to you that you have no control over,” Christian singer Rich Mullins once said. “There are all kinds of things that are pushed on us and we have no say over, and they shape the way we see everything.”

My family has left me a legacy of alcoholism, severed relationships, depression, and fiery anger. My father tried his best to protect me from the dark side of our legacy. He cut off some family, built walls around interactions with others, and tried to raise us to be strong, moral, sober, God-fearing people. He taught me all that matters is who you are, and how you follow God.

Through this attempt to keep us safe, I was left feeling as if I were standing in a vast, dark world and the light I held could only illumine my siblings and parents. What else might be out there? Could any of it be good? ... I am who I am because of my people.” -**Tessi Muskrat Rickabaugh**, <http://www.sdiworld.org/blog/legacy>

“You never realize how much of your background is sewn into the lining of your clothes.” –Thomas Wolfe



MOVIE: Captain Fantastic - An astonishing, touching and inspiring film about an unconventional father trying to make his life and parenting an embodiment of his values. Also an exploration of what happens when those values are not also embodied by the surrounding society. **(rated R for language and brief nudity)** https://www.rottentomatoes.com/m/captain_fantastic

And wait there's more....

SPIRITUAL EXERCISE: Right Where You're Supposed To Be?

You are challenged this month to lean into the spiritual practices of gratitude and deep listening. As it highlights, embodiment is not simply “being present”; it is also about engaging life with the sense that “this is right where I am supposed to be.” This exercise is about having that experience.

Here are your instructions:

1. **Pick a random day on the May calendar.** Remember embodiment is not so much about setting aside special days to intentionally cultivate meaning as it is about using intention to notice that any and every day has significance. Picking your day at random honors that.
2. **Begin that day by “offering thanks.”** Do it in your own way. Even if you have to learn a new way to do it. Like the poet quoted in our introduction, we are all “learning to shape the words “thank you” with our first breath each morning.” Bottom line: find some way to begin the day by telling it and yourself that you are grateful it is about to begin.
3. **Center on the words “This is right where I am supposed to be.”** Before the day gets going, get yourself in the mindframe of this sentence. Meditate on it. Write it down and pin it up by your desk. Say it out loud to yourself throughout the day like a mantra. Do whatever it takes to ensure it shapes your attitude and perspective.

Don't hesitate to lean on **Sarah Kay's poem** as one way of getting into the “right where I am supposed to be” mindframe: <http://poetryisanemotioninwords.tumblr.com/post/96928884837/when-i-am-inside-writing-all-i-can-think-about>

4. **Start listening.** Like our introduction says, the whole point of paying attention is for us to “better hear what life and our hearts are trying to tell us.” So spend the day listening to what life and your heart are trying to tell you, ask you, and invite you to lean into.

5. **End with thank you...and a thank you note.** The poet talks about shaping “thank you” with both our first and last breath. See how that works for you. As a way of saying thank you, write a paragraph or two about why this particular day of yours was “exactly where you were supposed to be.”

Share your note and your experience with family or friend(s).



Let me put it this way –
I am wildly, irrevocably in love
with the world.
And you –
you wonderful, beautiful, brave
spark of creation –
you are inseparable from the world.
I breathe you in.
I take your story into me,
and it lodges
in my soul.
We will never be
two separate things again –
if ever we were.

-Rev Leslie Mills, UU Church of Elgin, IL