

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

For April 2, 2017 - Theme of the Month: TRANSFORMATION

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



The Kind of Transformation that The Church Offers By Brene Brown (6:20 minutes)

I went back to church thinking it would be like an epidural. But faith and church was not like an epidural but like a midwife...who just stood next to me saying push. It is supposed to hurt... People want love to be like unicorns and rainbows. But Jesus says love is hard, trouble and controversial. Love is not easy... I thought faith would say I will take away the pain and discomfort but what it ended up saying is “I’ll sit with you in it.” And I never thought that would be enough but it’s perfect... Love weeps. <http://www.mbird.com/2013/07/brene-brown-reflects-on-how-jesus-wept/>



The Losses and Laughter We Grow Into by Kevin Kling (51:01 minutes)

A treasured figure on the national storytelling circuit, Kevin Kling’s voice inhabits an unusual space — where a homegrown Minnesota wit meets Dante and Shakespeare. Born with a disabled left arm, he lost the use of his right one after a motorcycle accident nearly killed him. He shares his special angle on how life’s humor and its ruptures can be transformed as we turn our losses into story.

<https://soundcloud.com/onbeing/kevin-kling-the-losses-and-laughter-we-grow-into/sets>



SONG: Rise Up - Andra Day <https://www.youtube.com/watch?v=kNKu1uNBVKU>

“You’re broken down and tired, Of living life on a merry-go-round, And you can’t find the fighter
But I see it in you so we gonna walk it out, And move mountains, We gonna walk it out, And move mountains...”

SPIRITUAL EXERCISE: A Transformative “Yes!”

Ok, let’s admit it: we say “no” more often than we can count-or than we are aware of. It’s often our default mode. We are so good at coming up with reasons to say no. Not enough time. Too risky. One has to pick and choose. We don’t deserve it. Delayed gratification. Distrust. I know better. I want to be in control.

The trouble is that “No!” is a lock on the door, a fence that separates, blinders that tragically narrow our sight.

So this month, let’s take a risk and **SAY “YES,” NO MATTER WHAT!**

Patricia Ryan Madson, drama professor and author, captures the possibilities inherent in this daring spiritual discipline. She writes,

*“This is going to sound crazy. Say yes to everything. Accept all offers... Cultivate all the ways you can imagine to express affirmation. When the answer to all questions is yes, you enter a new world, a world of action, possibility, and adventure... **It is undoubtedly an exaggeration to suggest that we can say yes to everything that comes up, but we can all say yes to more than we normally do.** Once you become aware that you can, you will see how often we use the technique of blocking in personal relationships simply out of habit. **Turning this around can bring positive and unexpected results... Try substituting “yes and” for “yes but” — this will get the ball rolling.**”* Keep it simple.

Your instructions are to TRY IT FOR 2-3 DAYS & SEE HOW IT GOES. To keep you on task, print out these words on a small card or piece of paper and place it somewhere you will see throughout the day: “Accept all offers. Go along with the plan. Support someone else’s dream. Say: yes”; “right”; “sure”; “I will”; “okay”; “Yes and...” not “Yes but...”



For some inspiration, watch this: **24 Hours of YES Challenge!**

https://www.youtube.com/watch?v=jKQuY_X2WtY

and share with a friend or family member how it was harder than you thought, easier than you thought and lead you down paths that were more challenging and more gifted than you could have imagined!

QUOTE: by Frederick Buechner “The trouble with steeling yourself against the harshness of reality is that the same steel that secures your life against being destroyed secures your life also against being opened up and transformed by the holy power that life itself comes from. **You can survive on your own. You can grow strong on your own. You can even prevail on your own. But you cannot become human on your own.** Surely that is why, in Jesus’ sad joke, the rich man has as hard a time getting into Paradise as that camel through the needle’s eye. Because with his credit card in his pocket, the rich man is so effective at getting for himself

everything he needs; he does not see that what he needs more than anything else in the world can be had only as a gift. He does not see that the one thing a clenched fist cannot do is accept, even from le bon Dieu himself, a helping hand.”