

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

For March 12, 2017 - Theme of the Month: RISK

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

SPIRITUAL EXERCISE OF THE WEEK: Risk Letting Your Counter-Cultural Self Loose



Each of us have counter-cultural commitments that we don't lean into as fully as we wish. Often this has to do with a lack of courage. It's risky to be labeled “a radical.” And so we downplay our pacifism. We don't make a big deal out of our veganism. In order not to be seen as the “weird parents,” we've given up on those “silly” efforts to limit TV, put phones away at dinner, or just not buy cable at all. Our closest friends don't really understand what UUism is because we don't want people to think we're “evangelical.” We deeply believe in racial reparations but we rarely mention it because the backlash leaves us not only angry but with an even more devastating sense of mourning and isolation.

It's not simple. And it's never easy. But not letting our counter-cultural self loose comes at a cost. So this month take the risk of letting it all hang out, or hang out to the degree that feels right to you. Maybe it's wearing your Pride Parade t-shirt to the gym. Maybe it's inviting your friends over for a vegan dinner, or even a vegan dinner with UU prayers at which you discuss the merits of drastically reducing the military budget (ok, that's a bit overboard, but you get the point.) Or how about asking a friend to come to church--not to recruit them, but just so they get a better sense of this piece of your life that is so important to who you are. Or maybe it's even time for you to let your friends at church know you voted republican and why.

Talk to a friend or family or group about the cost of “letting loose,” but our hope is that you also can come with a story of how the gift so out-weighed the price.

QUOTES to consider...

- A sheltered life can be a daring life as well. For all serious daring starts from within. ~Eudora Welty
- The day comes when remaining the same becomes more painful than the risk to grow. And when that happens there are many goodbyes. We leave old patterns, old friends, old lovers, old ideas, and some cherished beliefs. Loss and growth are so often one and the same. ~Phoebe Eng
- Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.“ ~Goethe



PODCAST

TED Talk: Raising our Girls to be Perfect and Our Boys to be Brave ~ Reshma Saujani

https://www.ted.com/talks/reshma_saujani_teach_girls_bravery_not_perfection



SONG: Courage -The Whitest Boy Alive

<https://www.youtube.com/watch?v=Nh0fuyDhKZg>

BOOKS: Celebrate March as Women's History Month and International Women's Day on March 8.

Do It Like a Woman ... and Change the World by Caroline Criado-Perez

This book is a fantastic collection of inspiring stories by women who have succeeded in monumental achievements - often having had to break through glass ceilings in their fields along the way. Its central message is a hopeful one for women: no matter how much you've been told that a career or path isn't right for you due to your gender, it's all a myth. ~Ione Wells

We Should All Be Feminists by Chimamanda Ngozi Adichie

Adichie's approach to the politics of gender is sharp and funny and really accessible. Without ever seeming idealistic or naive, she uses her superhuman compassion to imagine a future in which women and men have more possibilities for how to be at home in the world. ~Mandy Len Catron

