

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

For April 30, 2017 –Theme of the Month: TRANSFORMATION

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

QUOTES

- “If you see what needs to be repaired and how to repair it, then you have found a piece of the world that God has left for you to complete. But if you only see what is wrong and what is ugly in the world, then it is you yourself that needs repair.” - *Rabbi Menachem Mendel Schneerson*
- “Yearning for a new way will not produce it. Only ending the old way can do that.” - *Richard Rohr*



Video Meditation (3:10mins) for all protesters, activists & organizers for justice – “A Change Is Gonna Come”- Sam Cooke

<https://www.youtube.com/watch?v=wEBlaMOmKV4>



The Present - Short Film (4:19 minutes)– animated, good for family discussion but all should just watch it! Award winning short film celebrating the way we are transformed by the courage of another. By transforming ourselves we transform others. <https://vimeo.com/152985022>

SPIRITUAL EXERCISE this Week: Learning Your Way - Transformation is an on-going process not a one-and-done kind of thing. To engage us in this connection between transformation and learning, this exercise asks us to notice the ways in which we are already deep into the work of transformative learning. Here are your instructions:

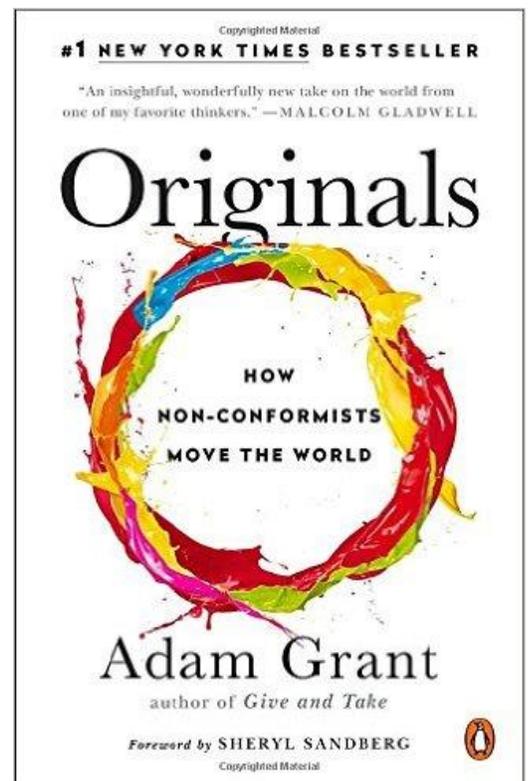
Make time to meditate on the below poem and then write a version of your own.

All you have to do is complete the sentence “I am learning...” 5-10 times.

After you’ve written your own version, put it up somewhere where you will easily see it every day for a week or two. Share with a friend or family member what it was like to identify the learning you are in the midst of and what it was like to be more aware of it each day. Did identifying your learnings leave you proud? Surprised? Aware of something new? Did daily awareness advance your transformation? Change it?

I am Learning... by Amy Lloyd

i am learning to be brave
i am learning to speak my own language
i am learning what i want to become
i am learning what kind of life i want to live
i am learning to stand in my place without flinching
i am learning to go my own way
i am learning not to help people who don't want help
i am learning to embrace my powerful spirit
i am learning how to build my own bridges
complete with lions to guard against the foot-traffic
i am learning i have value to bring to those waiting to hear my voice
i am learning the intensity of my own burning passions
i am learning to keep digging in the murkiest of my own brokenness
i am learning to accept my imperfections as beautiful
i am learning to think in terms of unlimited possibilities
i am learning i will not always be understood in the way I intended
i am learning to apologize and then move freely forward
i am learning
and learning
and learning
new things
every minute
every day
i am a learning to be a part of the healing of the world
because i am willing to learn to be me.



BOOK [Originals: How Non-Conformists Move the World](#)