

Opening Words

11/1/2020: *Your Broken Heart*, by Rev. Angela Herrera

Don't leave your broken heart at the door;

Bring it to the altar of life.

Don't leave your anger behind;

it has high standards and the world needs vision.

Bring them with you, and your joy and your passion.

Bring your loving,

And your courage and your conviction.

Bring your need for healing,

And your powers to heal.

There is work to do

And you have all that you need to do it right here in this room.

11/8/2020: *The Healing in Freedom*, by Rev. Gretchen Haley

Freedom has a rhythm to it

a longing our bodies know

without words,

a movement away

from everything small and scared,

a waking up to possibility,

healing backwards, and forwards

Even now, we are beginning again –

unafraid of this much mercy, tenderness, pleasure

we come to lean in,

to learn the sound of liberation

like the sound of our names

receiving, and releasing

We come to be free

for more than ourselves

to call love the greatest liberty

to sing of loyalty, courage, and

kindness

to remember we are all

doing the best

we can

Despair hasn't gotten us yet,

nor overwhelm –

Which is, a kind of miracle -

surrounded as we are

by this much

beauty.

Closing Words

11/1/2020: *Part of a Larger Life*, by John Saxon

May we live with greater compassion and care for ourselves, others, and creation. May we touch each other more deeply, hear each other more clearly, and see each other's joys and sorrows as our own. May we strive to be and become more than we are: more loving, more forgiving, more kind, more honest, more open, more connected, more whole. May we heal and be healed. May we face the uncertainties and tragedies of life with hope, faith, and courage, knowing that Life is good and that we are not alone...

11/8/2020: *Fitted For This Day*, by Kimberly Quinn Johnson

We are the ones we have been waiting for.

We are not perfect, but we are perfectly fitted for this day.

We are not without fault,

but we can be honest to face our past as we chart a new future.

We are the ones we have been waiting for.

May we be bold and courageous to chart that new future

May we have faith in a future that is not known

We are the ones we have been waiting for.

Links and Notes:

Breathing Exercise gif (de-stress):

<https://www.mondaycampaigns.org/destress-monday/square-breathing>

Kathryn Schulz info: TED talks: https://www.ted.com/speakers/kathryn_schulz

NPR interview: <https://www.npr.org/transcripts/127538671>

Glasser's 5 Basic Needs: <https://wglasser.com/quickstart-guide-to-choice-theory/#basic-needs>

Some ground rules for compassionate and productive listening and speaking from the Braver Angels (<https://braverangels.org/>) folks:

- We're here to understand others and to explain our views, not to convince anyone to change their mind.
- Let's each speak for ourselves and not try to speak for or represent any outside groups.
- Let's stick to each part of the agenda as we go through it, without editorializing off the agenda. For example, if an activity calls for no "cross talk" when some is speaking, we just listen.
- It's okay to express feelings about the mess we are in as a country, but let's not debate who is more responsible for the current election crisis or discuss how to counter the

guilty side. (There are other forums for that.) Let's focus on how to hold together and move forward together.

- Otherwise, it's standard stuff we all know: taking turns, not interrupting others, listening to everyone and opening up space for quieter group members, being respectful (as in, no eye rolling or loud sighs when someone is speaking), etc. In other words, bringing our best selves to a difficult conversation.
- Enforcing the ground rules: Does the facilitator have permission to gently help people make course corrections when they inadvertently veer off one of these ground rules?

From Parker Palmer's book, Healing the Heart of Democracy, 5 Habits of the Heart to help restore democracy's foundations:

- + An understanding that we are all in this together
- + An appreciation of the value of "otherness"
- + An ability to hold tension in life-giving ways
- + A sense of personal voice and agency
- + A capacity to create community

Lake Fellowship's Welcoming Words:

Welcome to our members, friends, and those visiting for the first time.

We are a lay led group that promotes personal and group learning, friendship, and service in the spirit of liberal religion.

We provide opportunity for the study and practice of Unitarian Universalism in an atmosphere of freedom and fellowship.

We offer a safe space for authentic and respectful conversations that create understanding, inspire insights, and deepen connections.