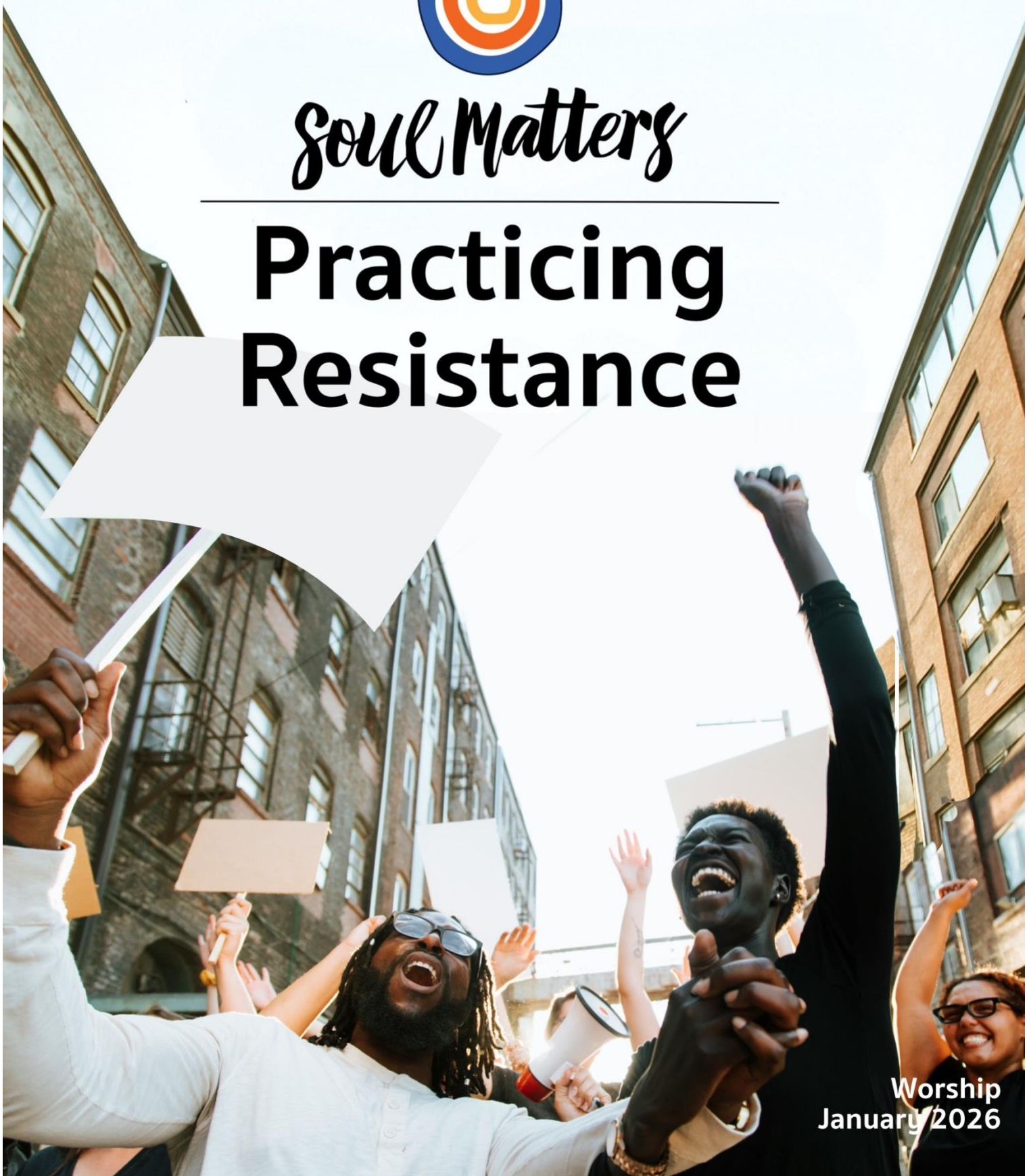




*Soul Matters*

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# Practicing Resistance



Worship  
January 2026

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**A Reminder About Partial Texts and *Pointing not Publishing*:** To honor legal and relational standards, we do not include the full pieces of authors’ works unless we’ve received explicit permission to do so. We want all users to understand that these worship packets are *research* packets not *publications*, which means we focus on *pointing* to where you can find fair use and publicly available pieces, rather than on *publishing* original writings and full resources. Our main service to subscribers is theme-based *curation* and *research*, done in the service of saving professionals and lay leaders time.

**A Note About Author Titles:** Many of the authors we refer to are ministers. Some ministers prefer to be credited with their title “Rev.”, others don’t, and still others are fine either way. Our practice is to follow whatever practice was used in the source material we reference.

# Calendar Connections

View our full-year calendar [HERE](#)

## January 2026

*Click on the hyperlinked names of each event for more information or inspiration.*

### Interfaith

- [Twelfth Night](#) (Christian) - Jan. 5
- [Epiphany](#) (Christian) - Jan. 6
- [World Religion Day](#) (Baha'i) - Jan. 18, 2026
- Birthday of [Thomas Merton](#) - Jan. 31 (1915) (more [here](#) and [here](#))

### Unitarian Universalist

- [Thirty Days of Love](#) - Side with Love Campaign - Jan.15 - Feb.14
- [Millard Fillmore's](#) Birthday - Jan. 7, 1800 (Unitarian President; on his contradictions [here](#))
- [The Edict of Torda](#) is issued - Jan 13 (1568) (More [here](#), [here](#), [here](#), and [here](#))
- [Joseph Tuckerman's](#) Birthday - Jan. 18 (1778) (more [here](#))

### National & Cultural

- [New Year's Day](#) - Jan. 1
- The Emancipation Proclamation issued by President Abraham Lincoln - Jan. 1 (1863)
- Martin Luther King, Jr. Day - Jan. 19, 2026, third Monday of January (connections [here](#) and [here](#))
- [Rowe vs. Wade](#) Anniversary - Jan. 22 (more [here](#))
- International Holocaust ([Shoah](#)) [Remembrance Day](#) - Jan. 27

### For Fun and On the Fringe

- [National Hug Day](#) - Jan.21
- [I'm Not Going To Take it Anymore](#) Day - Jan. 7th
- [Belly Laugh Day](#) - Jan. 24 (more [here](#) and [here](#))

# Chalice Lightings & Opening Words

## **Sacred Dissent \***

*Rev. Michelle Collins*

[Permission Secured by Soul Matters](#)

Welcome, all who are restless for a world renewed. We come carried by ancestors who refused the silence of despair and dared to sing a new song. Their courage whispers through us still. Today, we resist by showing up—together. We resist by keeping faith with what is not yet. Our gathering is itself an act of sacred dissent, calling us to rise and unite as co-creators of a freer tomorrow.

## **To Speak When Silence Feels Safer \***

*Rev. Michelle Collins*

[Permission Secured by Soul Matters](#)

This flame burns for the courage we find when fear makes sense. Not the absence of doubt but the choice to act anyway. We light it for those who speak when silence feels safer and those who act when invisibility beckons.

## **Into the Circle \***

*Rev. Dr. David Breeden*

[Permission secured by Soul Matters](#)

We gather into this circle.  
We gather into this circle of care  
to dream, to envision,  
to embody and achieve  
the compassion we dream,  
the justice we envision,  
the dignity of each  
in an ever-growing  
circle of love and justice.

## **Blessed Are We \***

*Andrea Hawkins-Kamper*

Full piece at <https://www.uua.org/worship/words/blessing/blessed-are-we>

[Permission Source](#)

Blessed are we: the chalice-lighters of resistance, justice, love, and faith.  
Blessed are we: the heretics, the outcasts, the walkers of our own way...  
Blessed are we: the hand-extenders, the sign-makers, the protestors, the protectors...

## **Our Shared Hope for the World \***

*Pat Uribe-Lichty*

Full piece at <https://www.uua.org/worship/words/chalice-lighting/our-shared-hope-world>

[Permission Source](#)

The chalice we light is...  
a reminder that our strength is in our shared hope for the world,  
and that our common work is the creation of Beloved Community...

## **Bearers of Hope & Resistance \***

*Rev. Michelle Collins*

### [Permission Secured by Soul Matters](#)

Welcome to this place, a place where hope can be nourished. In a world that profits from despair, our gathering is a declaration of faith. We declare that joy still rises, that kindness still matters, that hope is not dead. We come to remember we are not alone. May our time together restore us to wonder, strengthen our resolve, and return us to the world as bearers of hope that sustains the work of resistance.

## **For New Year's**

### **On the Brink of a New Year \***

*Lois Van Leer*

Full piece at

<https://www.uua.org/worship/words/chalice-lighting/brink-new-year>

[Permission Source](#)

We light this chalice on the brink of a new year

Letting go of what has been

Open and hopeful for what may come...

### **A Flame to Light Our Path \***

*Debra Burrell*

Full piece at

<https://www.uua.org/worship/words/chalice-lighting/flame-light-our-path>

[Permission Source](#)

Fire consumes, and casts a bright light.

May our chalice flame consume our regrets for the past,

our fears about the future, and our worries about today...

## **For MLK Day**

### **The Struggle For Freedom \***

*Rev. Paul Sprecher*

Full piece at

<https://www.uua.org/worship/words/chalice-lighting/struggle-freedom>

[Permission Source](#)

We light this chalice in memory...

of those who have struggled for freedom,

the persistence of those who've struggled for

justice, and the love of those who've built beloved communities...

### **To Remember \***

*Addae Ama Kraba*

Full piece at

<https://www.uua.org/worship/words/affirmation/remember>

[Permission Source](#)

Spirit of Life,

We have come here today to remember what some are intent on making us forget...

To remember a man who marched to counter prejudice and oppression...

To remember a man with promise and a dream

To remember a man with a voice that rang out for justice and freedom...

# Meditations & Prayers

## **In These Times In Which The Ground Feels Shaky \***

*Rev Joan Javier-Duval*

[Permission Secured by Soul Matters](#)

In these times in which the ground feels shaky  
And our hands and feet unsteady  
We turn to you  
Oh, Source of Strength, Spirit of Compassion  
For we do not know what the future holds  
Truly, we can never know  
And we need strength in these times of uncertainty  
We need the strength and the fortitude to hold on,  
to see clearly, to reach out in love.  
May we find guidance within ourselves and beyond ourselves  
May we be restless for truth when truth is cast aside,  
May we be seekers of peace as the drumbeats of war grow louder around us,  
May we hear and sound the alarm for our planet as fires rage and ravage,  
And, in all this, may Love rule our hearts.  
May we know the Source of Love within us and stay grounded in that source  
As we grieve,  
as we grapple with the unknown,  
as we work towards creating a more just, peaceful, and sustainable present and future together.  
So may it be. Amen.

## **Justice is Our Prayer \***

*Rev. Rebekah Savage*

[Permission secured by Soul Matters](#)

Spirit of Life, Eternal Mystery that holds us close,  
receive the meditations of our hearts this day.  
We come together in this quiet moment,  
to unify our hearts again towards the clarion call of our time:  
May justice and equity guide us to greater connection, a greater truth.  
Our part is just as great: to approach dismantling systems of oppression within us in order for us all to be free.  
To know that when I cherish and tend to the divine spark within me,  
when I know in my bones that I am worthy of love and whole just as I am,  
That there is greater potential for mutual understanding and care.  
Love is not scarce, our ability to extend compassion and grace can be.  
I place my hand over my heart and know I can feel the Spirit of Life within me.  
(pause)  
I invite you to place your hand over your heart and feel the Spirit of Life within you.  
(pause)  
The Spirit of Life is divine within us, the Spirit of Life is here.  
This is the beginning of justice and equity when we go within, in order to be of service in our communities and  
our world.  
May it be so. Amen.

### **The Love We Pray \***

*Rev. Andrew L. Weber*

[Permission Secured by Soul Matters](#)

To the highest spirit of all our aspirations, to that which grounds us and uplifts us, to that which transcends us, and to the sense of community which we create—we come in prayer today.

Our prayer is one of desperation and hope. We are in despair that protests are needed. We are frustrated that politicians and governments continually value money and power while ignoring the value inherent in all people. We are angry that our leaders put themselves first with no regard for whom they go past or through.

In the midst of the anger and frustration is hope—hope that we are here, hope that a loving world is indeed possible, hope in the faith that love can and will triumph over hate.

I know that every person is worthy of love. With the faith that every person is worthy of love we will continue to work and strive for a more just world where the disenfranchised have representation, where the broken are held in care and where siblings of all backgrounds are welcome.

We do not pray for miracle changes in policy and leadership. We do not pray for miracles because we are the miracles. We are the force of the divine in the world, we are the holy wind of change promoting more love and more justice. Instead, we pray that our words take root; we pray that our actions create a more just, more loving and more equitable world.

Notice the people to your left and right. Notice also yourself, your hands and feet. You are experiencing the divine, embodied. Not only do we pray, we also are the answers to our prayers.

We are the force of the holy responding to our own desperation and hope. You are that divine force of goodness and justice we have been waiting for.

May we all remember, today and forward into this trying year and the years to come: You worthy of love. At all times and despite actions or words from others, you are worthy of love. And, you are responsible for promoting the justice you seek in the world. You are the love we are praying for.

Amen and amen.

### **For Those Doing the Work of Resistance, Hopeful and Exhausted \***

*Rev. Michelle Collins*

[Permission Secured by Soul Matters](#)

Spirit of Community, Source of Renewal,  
some days our hearts beat with fire:  
plan-making, chanting, moving, imagining;  
other days, the spark barely flickers.  
The work seems endless, but we are not.

Help us honor the cycle:  
the surge, the setback, the pause.  
Teach us to rest without guilt,  
to act without self-righteousness,  
to remember that resistance, too,  
lives in laughter, in tenderness, in song.

May this gathering refill what the world drains,  
so we can return again to the work,  
still imperfect, still alive, still willing.

### **Prayer for Communities Practicing Many Forms of Resistance \***

*Rev. Michelle Collins*

[Permission Secured by Soul Matters](#)

Spirit of Connections and Love,  
bless the many ways we resist.  
Those who march and organize,  
those who cook, donate, and write.  
Those who tend to the weary,  
who pray, or hold vigil,  
those who say, "Rest now. I'll take this shift."

Let this wide circle honor every offering,  
visible or unseen.  
May we release the myths that define resistance in certain ways,  
and remember instead the truth of shared power.

May this be our prayer:  
to sustain one another's courage  
until quiet faith and public fire  
become one movement of love.

### **Prayer for Moving Forward \***

*Rev. Jennifer "Jo" VonRue*

Full prayer at <https://www.uua.org/worship/words/prayer/prayer-moving-forward>

[Permission Source](#)

Our hearts are stretched thin. We see and hear the devaluing of people of color, of those with disabilities, of women, of immigrants; this list, incomplete as it is, is exhausting...  
However thin our resilience may be wearing; we do not give up or give in...  
We will not rest until we are heard.  
We will not rest until equity is made more real...

### **Meditation for Challenging Times \***

*Rev. Joan Javier-Duval*

Full piece at <https://www.uua.org/worship/words/meditation/meditation-challenging-times>

[Permission Source](#)

In these quiet moments we listen...  
We listen between the cacophony of distractions  
pulling us towards untruth and falsehood  
We listen amidst the shrill cries of desperation  
of we've-had-enough...  
Help us to stay firm to our own commitments...  
Lead us back into connection...  
May we beckon Love and Justice and Mercy  
with our own whispers  
with our shouts  
with our cries  
Until all know themselves part of the Circle of Love.

### **For All That Is Our Life\***

*Rev. Liz Weber*

Full piece at <https://www.uua.org/worship/words/prayer/all-our-life>

[Permission Source](#)

Spirit of Resistance,

help us to stick up for what is right, even when we are tired or afraid.

Help us to dream of the world as it should be and act to bring that world about...

### **Inspired by the Resistance of a Dandelion Seed \***

*Rev. Michelle Collins*

[Permission Secured by Soul Matters](#)

There is a crack in the world where light finds its way through. Not wide, not welcoming. Just enough. The seed arrives on wind, lands in darkness between stone and stone, and begins its work in secret.

Roots press downward through grit and shadow, seeking moisture in places meant to be barren. They do not ask permission. They do not apologize for their hunger or their being. Slowly, the green crown pushes upward, meeting resistance at every fraction of an inch. The concrete does not yield willingly. It groans. It cracks infinitesimally. But the stem continues.

What emerges is not delicate in the way we imagine delicacy. It is yellow and honest, opening its face to the sun despite the hardness all around. Cars pass. Feet land nearby. The flower remains, making its small declaration: that life persists even where it is told it cannot. That softness breaks what hardness cannot bend. That beauty grows not in spite of the cold and unrelenting pavement, but directly through it, transforming a barely visible crack into a doorway.

When the blossom fades, it does not disappear. It transforms into a constellation of possibilities. Each seed carries the memory of stone splitting, the knowledge that what seems permanent can be challenged and broken through. The wind rustles. The next crack waits. The work continues in a thousand directions at once, patient and relentless.

### **Defend Immigrants, Defend Us All - a call and response prayer \***

*Rev. Tess Baumberger*

[Permission Secured by Soul Matters](#)

Full piece at <https://docs.google.com/document/d/1GQimehVMmeYIX-Uj4Ed8KrtgDf0sbTnMRvA-srpbRtM/edit?usp=sharing>

Leader: We gather as people of faith and people of conscience who take seriously the commandment to love our neighbors as ourselves.

*Defend Immigrants. Defend us all...*

Leader: We know that all people are deeply connected, our destinies woven together like the roots of trees, and that what happens to one of us affects us all.

*Defend Immigrants. Defend us all*

## Poems That Can Serve As Meditations On Practicing Resistance

### Breathe, Rev. Lynn Unger

Full piece at <https://www.lynnungar.com/poems/breathe/>

...Don't tell me to be calm  
when there are so many reasons  
to be angry, so much cause for despair!  
I didn't say to be calm, said the wind,  
I said to breathe.  
We're going to need a lot of air  
to make this hurricane together.

### Resistance, Louise Erdrich

<https://www.themarginalian.org/2024/11/13/louise-erdrich-resistance/>

## For New Year's

### Carry Each Other into the New Year \*

*Beth Monhollen*

Full piece at

<https://www.uua.org/worship/words/blessing/carry-each-other-new-year>  
[Permission Source](#)

In this new year, may we leave behind the weight of unfulfilled resolutions, of unrealized dreams, and of unrealistic expectations...

May we carry kindness, gentleness and hope that hold us through even the hardest days and the most daunting risks.

May we carry the weight of memory that reminds us of who we are, and the weight of spirit that reminds us we are still becoming...

## For MLK Day

### Prayer for Martin Luther King Jr. Sunday \*

*Rev. Kathleen Rolenz*

Full piece at

<https://www.uua.org/worship/words/meditation/5614.shtml>  
[Permission Source](#)

We gather especially to remember Dr. Martin Luther King Jr.

but not only him, for there were thousands of unnamed women and men who put their bodies and lives on the line so that all may be free...

# Music

## Suggestions For September 2026 - “Practicing Resistance”

from Soul Matters Music Resources Coordinator, [Adam O’Dell](#)

### Musical Musings of the Month – “Make them hear you!”

*“El pueblo unido jamás será vencido/The people united will never be defeated.”*

As some of you already know, I live in Chicago where I serve as the Director of Music at First Unitarian Church of Chicago. The church is in Hyde Park, on the city’s South side next to the University of Chicago, an institution with a long history of hosting international students and researchers. I live in Albany Park, a largely Latine neighborhood on the North side. Whether near home or work, I’ve had the unfortunate task of witnessing ICE’s unjust overreach of the law firsthand. In the past two days, I have been on the receiving end of chemical agents twice: once while documenting the abduction of my neighborhood tamale vendor, and again while dancing, singing, and blowing bubbles outside the Broadview ICE Processing Facility.

I feel very fortunate to be in a position where I can stand up and fight back. I am a young, healthy, white male with a job whose values match my own. I am at a low risk to suffer complications from chemical agents, be arrested, or lose my job if I’m arrested (the president of our congregation even joked that I’d probably get an award). We are not all in such a position, but the past two months have illustrated to me the many layers of resistance required for a successful movement more than anything else in my life. While I had a brief moment directly confronting an agent, the majority of my time has been spent playing music to boost the morale of protesting crowds, and most of the rest participating in neighborhood patrols, deepening my connections with my immigrant neighbors, and... well... sending lots of emails (the more things change, the more they stay the same).

We all have a part to play in resistance, in ensuring the just treatment and inherent dignity of all people, and in leaving the world a little bit better than we found it. And call it “fortune cookie wisdom,” but music has the power to create change in real time, and I’ve been experiencing it firsthand. What my city is going through is horrible, but I have had some incredibly moving moments being a musician in the resistance. I’ve seen protestors reinvigorated by singing after police escalation, I sang “Migra” loudly alongside a Mexican Baptist minister outside the Broadview facility, and as I write this, I’m listening to my Latine neighbors play Ranchera music for Dia De Los Muertos, proudly celebrating their heritage and humanity a day after our neighborhood was attacked because of who they are. Music can change the world, but it needs to be heard in the places where changes must be made. As we sing on behalf of the resistance, we all must make sure the music doesn’t die away in our sanctuaries and chapels. Make it loud, make it clear, and make sure it’s heard by the people who need to hear it. Make them hear you!

**- Adam**

## Hymns

#	Title	Style Notes	Singability		Permissions
1	May Nothing Evil Cross This Door	Traditional, Liting, Dance	4	H/SL	Public Domain
7	The Leaf Unfurling	Flowing, Joyous	3	H/SL	Permissions Granted
10	Immortal Love	Flowing, Irish, Call to Action	4	H/SL	Public Domain
93	To Mercy, Pity, Peace, and Love	Aspirational, Chorale	4	H/SL	Public Domain
104	When Israel Was in Egypt's Land	Spiritual, Strong	5	H/SL	Public Domain
108	My Life Flows On in Endless Song	Folk, Comforting	5	SL	Public Domain
109	As We Come Marching, Marching	Protest, Stern	4	H/SL	See note
words & music: donate to First Unitarian Church of Los Angeles by sending check, with Hodgkin Press in memo line, Attn: Rochelle McAdam, First Unitarian Church of LA, 2936 W. 8 th St., Los Angeles, CA 90005 and email link to her at rochelle@uula.org					
116	I'm On My Way	Spiritual, Upbeat, Joyful	4	R/SL	Public Domain, arrangement UUA permissions granted
119	Once to Every Soul and Nation	Driving, Resilient	4	H/SL	Public Domain
149	Lift Every Voice and Sing	Boisterous, Uplifting	4	H/SL	Public Domain
151	I Wish I Knew How	Gospel, Swung, Yearning	3	SL	Fair Use
153	Oh, I Woke Up This Morning	Spiritual, Upbeat, Rousing	4	R/SL	Public Domain
155	Circle 'Round for Freedom	Simple, Warm	5	R/SL	Linda Hirschhorn
166	Years Are Coming	Swaying, Aspirational, Traditional	5	H/SL	Public Domain
167	Nothing but Peace Is Enough	Folk, Declamatory	4	R/SL	<a href="#">Jim Scott: Donations Appreciated</a>
169	We Shall Overcome	Spiritual, Slow and Sure	5	R	M&L: Public Domain Adaptation: One License
170	We Are a Gentle, Angry People	Protest, LGBTQIA+, Peace	4	SL	CCS, see below
May be used through August 2031. If any words are changed, e.g. to address a current justice topic, contact alison@hollynear.com first for an OK. Please attribute: Used with permission, ©Hereford Music (ASCAP); words and music by Holly Near.					
318	We Would Be One	Traditional, Aspirational	5	H	Music and Lyrics: Public Domain Arrangement: One License
374	Since what we choose is what we are	Modular	5	H/SL	Public Domain
378	Let those who live in every land	Modular	5	H/SL	Public Domain
388	Dona Nobis Pacem	Simple, Round, Latin	5	H/R/S L	Public Domain

389	Gathered Here	Round, Mystery	5	R/SL	Permissions Granted
401	Kum ba Yah	Spiritual, Calming, Community	5	R/SL	Public Domain
407	We're Gonna Sit at the Welcome Table	Persistence, Justice, Spiritual	5	R/SL	L & M: Public Domain Arr: UUA Permissioned Granted
1016	Profetiza, Pueblo Mío	Justice, Spanish, Bittersweet	2	SL	Rosa Martha Zárate Macias
1017	Building a New Way	Driving, Uplifting	3		Permissions Granted. Must credit Martha Sandefer if posted.
1018	Come and Go with Me	Resilience, Anticipation, Spiritual	5	R/SL	L & M: Public Domain Arr: UUA Permissioned Granted
1026	If Every Woman in the World	Gospel Waltz, Yearning	3	SL	Karen MacKay
1035	Freedom Is Coming	Upbeat, Rhythmic, South African	4	R/SL	Public Domain
1040	Hush	Spiritual, Jazzy	4	SL	Words & Music: Public Domain Arrangement: UUA Permissions Granted

### Singability Score Key

All congregations are different, but this score is intended to provide basic, subjective guidance on hymn selection and leadership, especially for hymns you or the congregation are less familiar with.

5 - Very Easy	4 - Easy	3 - Average	2 - Hard	1 - Very Hard	H	R	SL
Little to no help needed	Weak singers may need help (usually because of range)	Average singers may need some help	Guidance recommended	Best for soloist or small group	Use Hymnal	Teach by Rote	Use Song Leader

### Permissions Key

Hymns where the permissions column is highlighted in GREEN typically do NOT require additional copyright for the average UU congregation.		
Hymns labeled "Public Domain" require no licensing or other further action to use for in-person worship, live streaming, or online recording/archiving.	Hymns labeled "UUA permissions granted" may be used for in-person worship, live streaming, and online recording/archiving, assuming you have legally obtained copies of the UU hymnals.	Hymns labeled "Permissions granted" may be used for in-person worship, live streaming, and online recording/archive. The copyright owner may request an additional donation.
Hymns where the permissions column is highlighted in YELLOW require a copyright license, typically One License or CCS. It is your responsibility to obtain the appropriate license for in person worship, live streaming, and/or online recording/archiving.		Hymns where the permissions column is highlighted in RED require separate copyright permissions for use. Information for securing the copyright will be made available in this packet, but it is your responsibility to obtain permission from the holder.

For more information on permissions and licensing, please consult the [UUA Hymn and Reading Permissions](#).

## Choral/Vocal Suggestions

Title	Composer	Voicing	Style Notes
<a href="#">I am Loved as I Love</a>	Jeffrey Douma	SATB	Lilting, Powerful, a cappella
<a href="#">My Heart Be Brave</a>	Marques Garrett	SATB	Spacious, Moving, a cappella
<a href="#">Lift Every Voice and Sing</a>	arr. Roland Carter	SATB	Boistrous, Chorale, March
<a href="#">One Million Voices</a>	Brian Tate	SATB	Driving, Determined
<a href="#">Another World is Possible</a>	FLOBOTS	Flexible	Defiant, Funk, Ostinatos
<a href="#">Make Them Hear You</a>	arr. Jeff Funk	SATB	Protest, Rousing

## Instrumental Suggestions

Title	Composer	Instrumentation	Keywords
<a href="#">The People United Will Never Be Defeated</a>	Frederic Rzewski	Piano	Variations, Rousing, Protest
<a href="#">North American Ballads</a>	Frederic Rzewski	Piano	Folk, Protest, Contemporary
<a href="#">Hush, Hush Somebody's Callin' My Name</a>	arr. Clif Hardin	Piano	
<a href="#">Once to Every Man and Nation</a>	arr. Mark Hayes	Piano	Ballad, Flowing, Haunting
<a href="#">Didn't My Lord Deliver Daniel?</a>	arr. Samuel Coleridge-Taylor	Piano	Lush, Melodic, Flowing
<a href="#">Hommage à Langlais: Song of Peace in a Time of War</a>	Mary Beth Bennett	Organ	Haunting, Story,

**Contemporary Suggestions** - *If you are streaming your services/are hybrid, please note that all copyright permissions are your responsibility to obtain*

- "All You Fascists Bound to Lose" by Woody Guthrie
- "It Isn't Nice" by Malvina Reynolds
- "Which Side Are You On?" by Florence Reese
- "The Times They Are a-Changin'" by Bob Dylan
- "Fight the Power" by Public Enemy
- "Get Up Stand Up" by Bob Marley
- "Nelson Mandela" by The Specials
- "Fortunate Son" by Creedence Clearwater Revival

**Important Note:** *The artists listed above generally are the performers of the works and not always/necessarily the songwriters, please do your due diligence in seeking out crediting info. Many of the above songs can be found on JWPepper, MusicNotes.com and the Chords/Tabs for most of the above can be found here:*

[Ultimate Guitar](#) - [Ukulele Chords/Tabs](#) - [Free to Transpose](#) - [Chordify](#)

## Additional Resources

### Music for Online Worship from UUA

*These videos may be used in online and recorded worship services by Unitarian Universalist congregations. The music that follows does not require additional permission for online use. However, be sure to provide full attribution to the composers and lyricists on your screens, not just verbally, for each piece that you incorporate into worship.*

*These videos are intended to lighten the burdens imposed by online worship. They should not be used to justify decreasing the wages or positions of professional music staff.*

- [“My Life Flows On in Endless Song” \(Vimeo\)](#) (#108 in *Singing the Living Tradition*; Quaker text paired with melody written by American Baptist minister Robert Wadsworth Lowry). Piano and melodia by Michael Frye-Hunt; vocals by Dorothy Frye-Hunt.
- [“Dona Nobis Pacem” \(YouTube\)](#) (#388 in *Singing the Living Tradition*; traditional Latin canon). Singing by the Washington Ethical Society (Washington, D.C.), produced by Lea Morris. [Pay-what-you-can to Lea](#).
- [“When the Spirit Says Do” \(YouTube\)](#) (#1024 in *Singing the Journey*). Words & music: African American spiritual, arr. Mark Freundt. Vocals and piano by Ruben Piirainen, Music Director, Unitarian Universalist Church West (Brookfield, WI). Please make a pay-what-you-can donation; PayPal: [jrubenp@yahoo.com](mailto:jrubenp@yahoo.com)/Venmo: @jrubenp.
- [“The Tide Is Rising” \(YouTube\)](#) by Rabbi Shoshona Meira Friedman & Yotam Schachter © 2015, recorded by Sandi E. Permission to use if not-for-profit. [PDF of sheet music available here](#). Please make a pay-what-you-can donation via [PayPal](#).
- Elizabeth Alexander offers you [“This Is What Democracy Looks Like \(Vimeo\)”](#), a rally-ready protest chant performed by the Twin Cities Justice Choir, as well as [a range of other videos](#) on her website. [Make your pay-what-you-can offering](#).
- [“Let Justice Roll Down \(YouTube\)”](#), words & music © [Aileen Vance](#)/Avenida Music, recorded and produced by [Lea Morris](#). [Pay-what-you-can to Lea](#).
- [“I Have Decided \(YouTube\)”](#), written and played by Dave Rowe based on the quote from Rev. Dr. Martin Luther King, Jr.: “I have decided to stick with love; hate is too great a burden to bear.” Please visit Dave’s [virtual tip jar](#) to make a love offering.
- [“We Will Not Stop Singing” \(YouTube\)](#) written by The Chapin Sisters (Lily & Abigail). Song copyright The Chapin Sisters, published by sad pony music and foggy mountain music (ASCAP). Arranged by Adam Podd, featuring the First Unitarian Brooklyn Choir (w/ Dennis Wees, Kiena Williams, Brandon Hornsby-Selvin, and Candice Helfand-Rogers). Adam’s PayPal ID: [adampodd@gmail.com](mailto:adampodd@gmail.com)/Venmo: @adampodd

## Soul Matters Music Leader Support

*In addition to monthly music suggestions in our worship packets, we support subscribing music leaders with a number of other means of support:*

### **Monthly Online “Music Matters Collaborative Coaching Calls”**

These calls meet on the **second Tuesday of every month at 2pm ET/1pm CT/noon MT/11am PT.**

Whereas our monthly music zoom calls used to focus on sharing music ideas and repertoire, now they will focus on the higher-level issues involved in running music ministries. Adam O’Dell, our Soul Matters Music Coordinator, facilitates the calls and brings resources and ideas as needed, but this is primarily intended as a time for the Soul Matters music community to discuss common challenges and share/generate meaningful solutions!

We hope that this transition will be more in line with the needs of our community, and that the introduction of our new [Music Suggestion Google Form](#) will allow our community to share repertoire selections quickly and easily, and without the barrier of needing to attend live calls which may conflict with other work obligations.

**Recordings** of these monthly music collaborative coaching calls will be available [HERE](#).

No need to sign up in advance, just join as you are able using this Zoom link:

<https://us02web.zoom.us/j/5857099120>

### **Quarterly Music Packets *NEW!***

To help those of you who do significantly advanced music planning, we are creating what we are calling Quarterly Music packets. Each Quarterly Music packet will contain 3-4 months of music suggestions, allowing you to plan much farther in advance. As they are completed, they will be posted to your online archive labeled as *2025-26 Quarterly Music Packets*.

### **Soul Matters Music Leader Support Facebook Group**

We also have a Soul Matters Musicians Facebook group. This is for on-going sharing among Soul Matters musicians, as well as a place where we share announcements about packets, new music resources and music-related webinars. Click [HERE](#) to view and join.

# Stories For All Ages

*The below wisdom tale and story book recommendations come from our January Lower and Upper Elementary RE Packets. So be sure to coordinate your use of them with your RE Leader. The wisdom tales are hyperlinked because we've given each wisdom tale its own downloadable document. This makes it easier for you to distribute to your leaders and easier for leaders to use as script.*

## Wisdom Tales (from the upper elementary packet)

- [The Peacock & the Crane](#)
- [The Emperor's New Clothes](#)
- [The Fox and The Crow](#)
- [The Dog and His Bone](#)
- [Fannie Barrier Williams](#)
- [The Parable of the River](#)
- [Taming the Monkey Mind](#)
- [Anger - A Buddhist Story](#)

## Story Books (from the lower elementary & one room schoolhouse packet)

- A Bad Case of Stripes by David Shannon
- Elmer the Patchwork Elephant by David McKee
- Screens Away, Time to Play by Kailan Carr
- Bye Bye WIFI - by Mari Meyers
- Let Freedom Sing Hardcover by Vanessa Newton
- We Dream a World By Yolanda Renee King
- Breathing is My Superpower by Alicia Ortego
- Anh's Anger by Gail Silver

## Extras

- **On Drop at a Time, Told Rev. Cameron Trimble, with reflection**  
<https://www.pilotingfaith.org/p/one-drop-at-a-time>
- **Peaceful Fights for Equal Rights by Rob Sanders (Picture Book)**  
Book: [HERE](#) Video: [https://www.youtube.com/watch?v=GUEB\\_ochMv8](https://www.youtube.com/watch?v=GUEB_ochMv8)
- **Sometimes People March by Tessa Allen (Picture Book)**  
Book: [HERE](#) Read aloud by children: <https://www.youtube.com/watch?v=DcGCcTDjUqA>

# Sermon Seeds

## *Angles, Ideas & Twists To Get Your Sermon Started!*

Don't forget to explore our small group packet for additional sermon seeds. It contains quotes and poems to enhance your sermon, as well as numerous sermon angles in the questions and the spiritual exercises.

**Permissions Notes:** In addition to the pieces we've noted as permissioned for online use (marked with an asterisk\*), you can use the fair use sized quotes and fair use sized portions of longer pieces in your sermons/services. Pay attention to the hyperlinks we include within titles and authors' names; these hyperlinks provide the source material and direction for you to hunt down permissions on your own.

## On Resisting Regardless of “Success”

### Quote - [Chris Hedges](#)

I do not, in the end, fight fascists because I will win. I fight fascists because they are fascists.

### Video - [Resistance and the Human Spirit, Chris Hedges](#)

<https://chrishedges.substack.com/p/resistance-and-the-human-spirit>

### Quote - [Chris Hedges](#)

Revolution is not, ultimately, a political calculation. It is a moral one. It is grounded in a vision of another world, another way of being. It is driven, in the end, by a moral imperative, especially since many of those who begin a revolution do not survive to see its fulfillment. Revolutionaries know that as Immanuel Kant wrote: “If justice perishes, human life on earth has lost its meaning.” And this means that, like Socrates, we must come to a place where it is better to suffer wrong than to do wrong...

### Quote - [Chris Hedges](#)

I stood with hundreds of thousands of rebellious Czechoslovakians in 1989 on a cold winter night in Prague's [Wenceslas Square](#) as the singer [Marta Kubisova](#) approached the balcony of the Melantrich building. Kubisova had been banished from the airwaves in 1968 after the Soviet invasion for her anthem of defiance “Prayer for Marta.” Her entire catalog, including more than 200 singles, had been confiscated and destroyed by the state. She had disappeared from public view. Her voice that night suddenly flooded the square. Pressing around me were throngs of students, most of whom had not been born when she vanished. They began to sing the words of the anthem. There were tears running down their faces. It was then that I understood the power of rebellion. It was then that I knew that no act of rebellion, however futile it appears in the moment, is wasted.

### Quote - [Chris Hedges](#)

We may feel, in the face of the ruthless corporate destruction of our nation, our culture and our ecosystem, powerless and weak. But we are not. We have a power that terrifies the corporate state. Any act of rebellion, no matter how few people show up or how heavily it is censored, chips away at corporate power. Any act of rebellion keeps alive the embers for larger movements that follow us. It sustains another narrative. It will, as the state consumes itself, attract wider and wider numbers. Perhaps this will not happen in our lifetimes. But if we persist, we will keep this possibility alive. If we do not, it will die.

### Quote - [Chris Hedges](#)

[Reinhold Niebuhr](#) labeled this capacity to defy the forces of repression “a sublime madness in the soul.” Niebuhr wrote that “nothing but madness will do battle with malignant power and ‘spiritual wickedness in high places.’ ”

This sublime madness, as Niebuhr understood, is dangerous, but it is vital. Without it, “truth is obscured.” And Niebuhr also knew that traditional liberalism was a useless force in moments of extremity. Liberalism, Niebuhr said, “lacks the spirit of enthusiasm, not to say fanaticism, which is so necessary to move the world out of its beaten tracks. It is too intellectual and too little emotional to be an efficient force in history.”

The prophets in the Hebrew Bible had this sublime madness. The words of the Hebrew prophets, as [Abraham Heschel](#) wrote, were “a scream in the night. While the world is at ease and asleep, the prophet feels the blast from heaven.” The prophet, because he saw and faced an unpleasant reality, was, as Heschel wrote, “compelled to proclaim the very opposite of what his heart expected.”

This sublime madness is the essential. It is the acceptance that when you stand with the oppressed you get treated like the oppressed. It is the acceptance that, although empirically all that we struggled to achieve during our lifetime may be worse, our struggle validates itself.

**Quote - [Abraham Heschel](#), on resisting despair (and not rooted resistance in hope for success)**

Surrender to despair is surrender to evil. It is important to feel anxiety; it is sinful to wallow in despair... There are those who maintain that the situation is too grave for us to do much about it, that whatever we might do would be “too little and too late,” that the most practical thing we can do is “to weep” and to despair. If such a message is true, then God has spoken in vain... History is not all darkness. It was good that Moses did not study theology under the teachers of that message; otherwise, I would still be in Egypt building pyramids... The greatest heresy is despair, despair of [humanity’s] power for goodness, [humanity’s] power for love.

## **On Resistance as a Fight for and Investment in *FUTURE* Freedom**

**Interview - Protest is an investment**

<https://www.youtube.com/watch?v=zBJYpCX0Z0w>

## **On Remembering We Need to Resist Together**

**TED Talk - Social change needs engaged communities, not heroes, Gerardo Calderón**

<https://www.youtube.com/watch?v=WdHBWL4LK88>

**Reading/Meditation - Ant Survival & the Work of Carrying Each Other, Rev. Michelle Collins**

When the water rises, there is no high ground. The nest dissolves beneath the flood, chambers collapsing into the current, tunnels erased by the surge. This is the moment when separation means drowning. So they do not separate.

Thousands of bodies move toward each other, mandibles gripping legs, legs hooking thoraxes, weaving themselves into a living fabric. The raft has no leader, no blueprint. Each ant becomes both anchor and buoyancy for the others. Those on the bottom hold their breath in air pockets formed between bodies. Those on top rotate downward as the lower ones tire, an endless cycling of support and sacrifice.

The raft floats. It carries the queen at its center, the larvae wrapped in protective layers of interlocked forms. The current pulls, tries to tear the weave apart, but the grip tightens. This is not stubbornness. It is something older than choice. The understanding that survival is not individual, and the membrane between self and other dissolves when the waters come.

Days pass. The raft drifts until it finds solid earth again or catches on debris that will serve as a temporary home. Then the bodies unlock, the weave releases, and each ant walks away carrying the memory of how they held each other above the rushing waters.

# On How the First Step of Resistance is Recognizing We are in Denial

List - [Vanessa Andreotti's List](#) of the Four Denials of Modernity (related [graph](#))

- **the denial of systemic violence and complicity** in harm (the fact that our comforts, securities and enjoyments are subsidized by expropriation and exploitation somewhere else),
- **the denial of the limits of the planet** (the fact that the planet cannot sustain exponential growth and consumption),
- **the denial of entanglement** (our insistence in seeing ourselves as separate from each other and the land, rather than “entangled” within a living wider metabolism that is bio-intelligent), and
- **denial of the depth and magnitude of the problems that we face together**: the tendencies 1) to search for “hope” in simplistic solutions that make us feel and look good; 2) to turn away from difficult and painful work (e.g. to focus on a “better future” as a way to escape a reality that is perceived as unbearable).

Talk - **Hospicing Modernity Presentation: Vanessa Andreotti**

<https://www.youtube.com/watch?v=X0ZkOFFmbIY>

Book - **Hospicing Modernity: Facing Humanity's Wrongs and the Implications for Social Activism, Vanessa Machado de Oliveira**

<https://bookshop.org/p/books/hospicing-modernity-facing-humanity-s-wrongs-and-the-implications-for-social-activism-vanessa-machado-de-oliveira/98cd797c145bf3fe?ean=9781623176242&next=t>

Review found [here](#)

Podcast - **And now we have hospice modernity, WILD**

<https://shows.acast.com/wild-with-sarah-wilson/episodes/vanessa-andreotti-and-now-we-hospice-modernityand-a-goodbye->

Article - **Preparing for the end of the world as we know it**

<https://www.opendemocracy.net/en/oureconomy/preparing-end-world-we-know-it/>

## On Resisting Tyranny

Quote - [Alexander Karn](#) on why protests (like “No Kings”) matter

Although the rallies were unarguably a success in terms of turnout and visibility, some folks did question their political utility. “Wake me up when ya’ll are ready to do something about ICE,” [one person](#) wrote in response to photos posted on social media from a rally in Upstate New York. In The Atlantic, George Packer cited the protests approvingly, but also wondered whether “intermittent” protests could really sustain an effective political movement. We shouldn’t automatically dismiss such doubts and negativity: If some people question the efficacy of the protests or see them as useless virtue signaling, then we need to spell out exactly what they represent and what they can realistically achieve.

Civil resistance aims to change the status quo, but that’s not the only measuring stick. Protests of this sort are not only about the impacts they have on the external world; they are also important for effecting internal change. People who participate in these protests learn to straighten their spines and lift their voices. They learn about the possibilities for broad solidarity, and they learn the value and the discipline of nonviolence.

Protests like No Kings are a way to exercise fundamental democratic rights and assert moral principles against the nihilism of the MAGA program. By locking arms with others and directing our shared sense of despair toward building a resistance movement, we bolster the sense of agency and possibility that democracy requires.

**Quote - [Timothy Snyder](#), on three rules for effective resistance**

it's ok to take a little step, so long as...  
it's something you know something about,  
do with other people,  
do regularly, [and]  
it makes you a little bit uncomfortable.  
If it meets those criteria, then you're helping democracy.

**Video Essay - The ONE THING You Can Do to Fight Fascism RIGHT NOW**

<https://www.youtube.com/watch?v=CFIL5xrljHg>

Related video [here](#)

**Essay - The Brutality Is the Message: Why America's Violence Against Immigrants Isn't About Immigration, Thom Hartman**

[https://open.substack.com/pub/thomhartmann/p/the-brutality-is-the-message-why-633?utm\\_campaign=post&utm\\_medium=email](https://open.substack.com/pub/thomhartmann/p/the-brutality-is-the-message-why-633?utm_campaign=post&utm_medium=email)

On understanding the fullness of what resisting ICE raids means

**Essay - The Death House, Chris Hedges**

<https://chrishedges.substack.com/p/the-death-house>

**Speech - The Cost of Resistance, Chris Hedges**

<https://chrishedges.substack.com/p/the-cost-of-resistance>

"To attain the gut-level understanding that the global power elite will not respond rationally to the devastation of the ecosystem, is as difficult to accept as our own mortality. The most daunting existential struggle of our time is to ingest this awful truth — intellectually and emotionally — and rise up to resist the forces that are destroying us."

"Revolutions and uprisings are spontaneous combustions... The tinder is recognizable. What sets it alight is a mystery... "Revolutions," [Rosa Luxemburg said], "cannot be made at command. Nor is this at all the task of the party. Our duty is only at all times to speak out plainly without fear or trembling"...While the moment of eruption is mysterious, it are the visionaries and utopian reformers such as the abolitionists who make possible real social change, never the "practical" politicians..."

"Those who accept risks, including long prison terms, penetrate the consciousness of the wider society, including the security organs that protect it. That penetration, from the outside, is impossible to measure. But it steadily erodes the foundations of power until what appears as a solid edifice... seemingly crumbles overnight."

"The lack of hierarchical structures in recent mass movements, done to prevent a leadership cult and make sure all voices are heard, while noble in its aspirations, make movements easy prey... Revolutions require skilled organizers, self-discipline, an alternative ideological vision, revolutionary art and education. They require sustained disruptions of power, and most importantly leaders who represent the movement. Revolutions are long, difficult projects that take years to make, slowly and often imperceptibly eating away at the foundations of power..."

"Revolution is not, ultimately, a political calculation. It is a moral one. It is grounded in a vision of another world, another way of being. It is driven, in the end, by a moral imperative, especially since many of those who begin a revolution do not survive to see its fulfillment. Revolutionaries know that as Immanuel Kant wrote: "If justice perishes, human life on earth has lost its meaning." And this means that, like Socrates, we must come to a place where it is better to suffer wrong than to do wrong."

## Article - The Rise Of End Times Fascism, Naomi Klein and Astra Taylor

<https://www.theguardian.com/us-news/ng-interactive/2025/apr/13/end-times-fascism-far-right-trump-musk>

End times fascism is a darkly festive fatalism – a final refuge for those who find it easier to celebrate destruction than imagine living without supremacy... the end times fascists have, at least in their imaginings, already left this realm, ensconced in their opulent shelters or transcended to the digital ether, or to Mars...

How do we break this apocalyptic fever? ...we must first understand this simple fact: we are up against an ideology that has given up not only on the premise and promise of liberal democracy but on the livability of our shared world – on its beauty, on its people, on our children, on other species. The forces we are up against have made peace with mass death. They are treasonous to this world and its human and non-human inhabitants.

Second, we counter their apocalyptic narratives with a far better story about how to survive the hard times ahead without leaving anyone behind... A story not of end times, but of better times; not of separation and supremacy, but of interdependence and belonging; not of escaping...

That future would require its own apocalypse, its own world-ending and revelation, though of a very different sort. Because as the scholar of policing Robyn Maynard has observed: “In order to make earthly planetary survival possible, some versions of this world need to end.”...

### Quote - [Abraham Heschel](#)

The prophet’s word is a scream in the night. While the world is at ease and asleep, the prophet feels the blast from heaven. The prophet faces a coalition of callousness and established authority and undertakes to stop a mighty stream with mere words. The purpose of prophecy is to conquer callousness, to change the inner person as well as to revolutionize history. The prophets remind us of the moral state of a people: Few are guilty, but all are responsible.

### Quote - [Abraham Heschel](#)

It is embarrassing to be a prophet. There are so many.. predicting peace and prosperity, offering cheerful words, adding strength to self-reliance, while the prophet predicts disaster, pestilence, agony, and destruction... The prophet is a lonely man. He alienates the wicked as well as the pious, the cynics as well as the believers, the priests and the princes, the judges and the false prophets.

## Podcast - Could The 3.5% Protest Rule Stop Donald Trump?

[https://www.youtube.com/watch?v=x4syt-hZ9\\_I](https://www.youtube.com/watch?v=x4syt-hZ9_I)

Related article found [HERE](#)

## Poem/Reading - *Burnt Offerings*, Amy G. S. A. Brooks \* ([Permission Secured by Soul Matters](#))

*Do not lay your hand on the boy or do anything to him... Genesis 22:12*

The Bible is clear on the topic of child sacrifice.

Yet these aspiring Abrahams hold a blade  
forged from seven deadly verses  
to the necks of their own children  
and bind them to an altar built  
to the idol of biblical literalism,  
while a horrified, loving God works relentlessly  
to untie the knots.

From Moriah to Christopher Street,  
the message remains the same:  
Hands off.

Hands off or we will lay hands on  
the tools of our liberation:  
transforming pavers into birth bricks  
curfews into kick lines  
garbage into garlands.

A pillar of fire dances in our midst.

And Spirit will burn this place to the ground  
before They allow you to make of us  
any more burnt offerings.

# On The Power of So-Called “Smaller” & “Quieter” Acts of Resistance

## Quote - [adrienne maree brown](#)

when those with power are doing inhumane, or anti-planet things, our choice to be disruptive, to be impolite, is one of the ways we wage small resistance that can become mass resistance and large scale cultural and political transformation. we have learned this from ancestors in our lineages who helped expose and break massive systems like chattel slavery, or holocaust genocide. small resistance historically has looked like a wrench in the gears, a slowing things down, a rancid ingredient in master’s food, enslaved people teaching each other to read and write, letting a fugitive sleep in your basement, learning how to give each other reproductive care, slipping each other cannabis for medicine. small resistance these days looks like turning people who are supporting and promoting racist, transphobic and inhumane policies away from your door. it looks like stopping next to police cars that have pulled people over and watching or filming them until the person stopped is allowed to leave. it looks like naming -isms and -phobias in real time and learning together. it looks like local direct actions at the homes of congresspeople who make decisions that harm humans or the planet.

## Quote - The Dalai Lama

If you think you are too small to make a difference, try sleeping with a mosquito.

## Quote - Edward Everett Hale

I am only one, but still I am one. I cannot do everything, but still I can do something.  
And because I cannot do everything, I will not refuse to do the something that I can do.

## Story - passed on by [Frederic and Mary Ann Brussat](#)

Once a reporter asked A.J. Muste, “Do you really think you are going to change the policies of this country by standing out here alone at night in front of the White House with a candle?” Muste replied softly: “Oh I don’t do this to change the country. I do this so the country won’t change me.”

## Article - Organizing and Resistance for Cowards

<https://douglasunderhill.wordpress.com/2025/02/15/organizing-and-resistance-for-cowards/>

## Video Reflection - Forms of Resistance, Heather Cox Richardson

<https://www.youtube.com/watch?v=263FaqrL6C4>

## Quote - Joan Chittister

You are not required to save the world. But you are required to save your corner of it.

## Reflection - On Drop at a Time, Rev. Cameron Trimble

<https://www.pilotingfaith.org/p/one-drop-at-a-time>

“It’s easy to become paralyzed by the scale of the world’s need. But we don’t have to fix everything to be faithful. We are each called to offer what we can—to take our drop of water and carry it toward the fire...”

## Book - Social Justice for the Sensitive Soul: How to Change the World in Quiet Ways by Dorcas Cheng-Tozun

<https://novelnerds.net/whispers-of-change-a-gentle-guide-to-transforming-social-justice/>

<https://www.christianitytoday.com/2023/08/social-justice-sensitive-soul-dorcas-cheng-tozun/>

“In a sphere like social justice, conflict and resistance are inevitable. When the warrior activists take on the louder, messier fights, they create space for us priestly advisers to work in more subtle ways. When we can respect and appreciate our differences, creating space for one another’s skills and gifts, there’s so much more we can accomplish...”

# On The Call to Recognize We are Resisting a “Machine”

**Essay - The Grapes of Wrath, Charles Eisenstein**

<https://charleseisenstein.substack.com/p/the-grapes-of-wrath>

“Steinbeck understood that no human being—not the man driving the tractor, nor the bank that hired him, nor the bank’s local president, nor its board of directors back East, nor its shareholders and bondholders, were to blame for that loss... Blame allures the victims of a system with its promise of an easy solution. It substitutes a problem that we know how to fix, for one that we do not... To recognize this is the beginning of liberation from that machine. No longer directing energy at false targets, we can look to the machine itself and how to change it. And we can approach its servants in the spirit of, “I see you are stuck in this system, and here is a way out.” ...”

**Book - The Fantasy and Necessity of Solidarity, [Sarah Schulman](#)**

“For those who seek to combat injustice, solidarity with the oppressed is one of the highest ideals, yet it does not come without complication. In this searing yet uplifting book, award-winning writer and cultural critic Sarah Schulman delves into the intricate and often misunderstood concept of solidarity to provide a new vision for what it means to engage in this work—and why it matters.”

*Related interview:*

- <https://www.nytimes.com/2025/04/10/opinion/sarah-schulman-solidarity.html>
- <https://www.youtube.com/watch?v=PxXz-qEal84>

*Related podcast:*

- <https://endoftheworldshow.org/episodes/the-fantasy-and-necessity-of-solidarity-with-sarah-schulman>

## On Joy as an Act of Resistance

**Quote - W.H. Auden**

As a rule, it was the pleasure haters who became unjust.

**Book - [Pleasure Activism](#): The Politics of Feeling Good, adrienne maree brown**

**Quote - adrienne maree brown, from [Pleasure Activism](#)**

Feeling good is not frivolous, it is freedom.

**Quote - adrienne maree brown, from [Pleasure Activism](#)**

Pleasure reminds us to enjoy being alive and on purpose... Pleasure—embodied, connected pleasure—is one of the way we know when we are free. That we are always free. That we always have the power to co-create the world. Pleasure helps us move through the times that are unfair, through grief and loneliness, through the terror of genocide, or days when the demands are just overwhelming. Pleasure heals the places where our hearts and spirit get wounded. Pleasure reminds us that even in the dark, we are alive. Pleasure is a medicine for the suffering that is absolutely promised in life... Pleasure is the point. Feeling good is not frivolous, it is freedom.

**Quote - Evette Dionne**

Joy is a revolutionary force. We need it as much as we need anger because it is joy that will help keep us in these bodies long enough to enact justice.

**Podcast - (Some) Joy is Resistance, Code Switch**

<https://www.npr.org/transcripts/1256429496>

### Article - How Celebration Sustains Activism, Ingrid Fetell Lee

<https://aestheticsofjoy.com/2019/11/08/joy-is-an-act-of-resistance-how-celebration-sustains-activism-2/>

### Essay - Eros and the Revolution: Why Activism Needs Pleasure, Gabes Torres

<https://www.yesmagazine.org/opinion/2023/09/26/activism-pleasure-eros-revolution-audre-lorde>

“The more in touch we are with our desires, the more nourished and rested we are to be kind and creative. The opposite can be true (as illustrated in the beginning of this essay)—that when a person is out of touch with themselves (and therefore out of touch with their desires and aliveness), contempt, cruel projections, and even a sense of punishment ooze out... The lovers of justice are no different from lovers of aliveness...”

### Reflection - The Tiger and the Strawberry, Rev. Cameron Trimble

<https://www.pilotingfaith.org/p/the-tiger-and-the-strawberry>

“Joy, in this moment, is a form of defiance. It says: I will not let the systems of harm dictate the totality of my being. I will not wait until all is safe to love the world. I will not delay my humanity until the headlines improve.

There are many who will say this moment is too dangerous to rest, too urgent to delight, too fragile for presence. But urgency without grounding turns into panic. Panic is what authoritarianism feeds on...”

### Poem - A Brief for the Defense, Jack Gilbert

Full poem at <https://poetrysociety.org/poems-essays/readinginthedark/c-dale-young>

If we deny our happiness, resist satisfaction,  
we lessen the importance of their deprivation.  
We must risk delight... We must have  
the stubbornness to accept our gladness in the ruthless  
furnace of this world. To make injustice the only  
measure of our attention is to praise the Devil...

### Song - This Joy, the Resistance Revival Chorus

<https://www.youtube.com/watch?v=1TbDPwA09Bc>

### Song - Joy in the Resistance, the Resistance Revival Chorus

<https://www.youtube.com/watch?v=qAlKKBRkK24&t=6s>

## On Rest as Resistance

### Book - [Rest is Resistance: A Manifesto](#), Tricia Hersey

Excerpt: <https://www.thecut.com/2022/10/rest-is-resistance-manifesto-nap-ministry-book-excerpt.html>

Related article: <https://www.nytimes.com/2022/10/13/well/live/nap-ministry-bishop-tricia-hersey.html>

Related website: <https://thenapministry.wordpress.com/>

Interview: [https://open.spotify.com/episode/0eoNdCY1XHvc1bVQquB2Gk?si=4YSBXtCQTVSxUV-O5EOI\\_Q&nd=1](https://open.spotify.com/episode/0eoNdCY1XHvc1bVQquB2Gk?si=4YSBXtCQTVSxUV-O5EOI_Q&nd=1)

Interview:

[https://www.npr.org/transcripts/1127470930?utm\\_source=npr\\_newsletter&utm\\_medium=email&utm\\_content=20221014&utm\\_term=7378428&utm\\_campaign=life-kit&utm\\_id=43948547&orgid=721&utm\\_att1=lifekit](https://www.npr.org/transcripts/1127470930?utm_source=npr_newsletter&utm_medium=email&utm_content=20221014&utm_term=7378428&utm_campaign=life-kit&utm_id=43948547&orgid=721&utm_att1=lifekit)

### Quote - Tricia Hersey, [Rest Is Resistance: A Manifesto](#)

The Rest Is Resistance framework also does not believe in the toxic idea that we are resting to recharge and rejuvenate so we can be prepared to give more output to capitalism...We are not resting to be productive. We are resting simply because it is our divine right to do so.

**Quote - Tricia Hersey, Rest Is Resistance: A Manifesto**

Capitalism deserves to be resisted and disrupted. It is a violent, global force that constantly steals our time and power. It is not redeemable and has always been a demonic force pushing divine bodies to the edge.

**Poem - Breathe, Rev. Lynn Unger**

Full piece at <https://www.lynnungar.com/poems/breathe/>

...Don't tell me to be calm  
when there are so many reasons  
to be angry, so much cause for despair!  
I didn't say to be calm, said the wind,  
I said to breathe.

We're going to need a lot of air  
to make this hurricane together

**Article - How to keep the resistance going when you're impossibly tired - adrienne maree brown**

<https://mashable.com/article/resistance-burn-out-activism-new-year>

"Ella Baker taught us that "we who believe in freedom cannot rest." I wrestle with these words all the time... I do not rest in terms of how I work. I tirelessly show up for movements I believe in... I tirelessly seek out old and new ways of moving through our current paradigm and into a viable future.

But when it comes to my body, I rest. I rest in myriad ways that allow me to show up fully for each facilitation. I ensure that I have quiet time each evening, a bath when there's a tub, at least seven hours of sleep each night. I want to give us more permission to rest our bodies so that we don't burn out our spirits and minds in our lifelong commitment to liberation.

It is in that spirit that I invite you to honor your ancestors and remember that they believed in you before your first breath. They believed you could generate gratitude, uplift good news, contribute to genius. Put on your oxygen mask and open to the pleasurable experiences of life..."

**Quote - Rev. Ana Levy-Lyons**

Time is the ultimate form of human wealth on this earth. Without time, all other forms of wealth are meaningless. It is this insight about time—patently obvious but frequently forgotten—that makes keeping a Sabbath day both spiritually profound and politically radical. To reclaim time is to be rich. To reclaim a full day every week is to be among the 1 percent.

**Quote - Rev. Ana Levy-Lyons**

Somehow in our high-tech world, we are all feverishly, dizzily busy. Because exactly as Marx described, any surplus time created by labor-saving technology is immediately sucked back into the system to create more value—more money, more goods, more innovation. We, the people, never actually receive the surplus time as time. Indeed, although the labor movement has brought us the weekend, we typically spend weekends in a flurry of acquisition, preparation, consumption, and productivity. Stopping is not an option... Once we've been dehumanized long enough by the insatiable engine of secular acquisition and achievement, it's hard to go back.

**Quote - Rev. Ana Levy-Lyons**

The goal of a Sabbath practice is not to patch us up and send us back out to the violent secular world, but to represent in the now what redemption looks like, what justice looks like, what a compassionate social order looks like. It is to reconstruct the rest of time from the viewpoint of the Sabbath as unjust and untenable... a truly egalitarian Sabbath that lifts up a holy vision of the world to come performs deeply political work: it builds an "outside" to the current world. The self that emerges from such a Sabbath and reenters the week is a changed self — a newly radicalized self who can no longer tolerate injustice.

**Quote - [Rev. Ana Levy-Lyons](#)**

When the Sabbath comes along and insists that in fact it is immutable and all else is negotiable, the world is turned upside down. It is the non-negotiability of the Sabbath that gives it its terrifying power. Exceptions are made only for emergencies threatening life or health. Everything else — everything else! — comes to a screeching halt at sundown. The secular understanding of what's "reasonable" and "normal" gets trumped by a commitment to an alternative vision. A check may be left half written, a shopping trip abandoned with an empty cart, the writing of a paper stopped mid-sentence. This is where the personal gets political: the engines of our social and political systems are fueled by the faith that our daily work and consumer practices are immutable, inevitable, and somehow natural. By injecting doubt into that faith, Sabbath practice disrupts the dominant logic of American culture. Each person who keeps a Sabbath plays a part in exposing the underlying ideology of the status quo — the religion of materialism, self advancement, and the pursuit of individual happiness.

**Quote - [Walter Brueggemann](#)**

In our own contemporary context of the rat race of anxiety, the celebration of Sabbath is an act of both resistance and alternative. It is resistance because it is a visible insistence that our lives are not defined by the production and consumption of commodity goods.

**Quote - [Walter Brueggemann](#)**

We have forgotten who we are, and we think that our life is mainly defined by production and consumption. And if that is the goal and definition of life, then one must stay at it all the time. And in that frame of reference, Sabbath becomes an inconvenience and an unwelcome interruption. So Sabbath makes no sense if we've put our lives down in a narrative of production and consumption. Sabbath belongs to a narrative that contradicts the scheme of production and consumption. [Sabbath] is a pause that permits us to reflect on who we are, who we are created to be, who we are called to be, and it makes us aware of the extent to which we have forgotten or compromised our creaturely reality. So it is an opportunity to circle back on our baptismal identity, on our faith identity, on our authentic human identity, that is always placed under stress by the commoditisation of our culture.

**Quote - [Walter Brueggemann](#)**

The consumer culture defines everyone around us as a threat or competitor or as a rival for the same goods. Therefore, we don't think of other people as neighbors; we think of them as people who threaten our property, our way of life, our possessions, and our futures. In order to fend them off, we resort to many forms of violence. Violence becomes a function of individualism. "I don't want to share anything I've got, and I don't want anybody to get anything I've got. Therefore I have to protect myself." I think that leads to violent policies. I think it leads to violent anti-neighborly actions.

**Quote - [Walter Brueggemann](#)**

I don't think that Sabbath can be practiced by isolated individuals. I think you've got to have a community around you that supports you. How do you tell your kid that he can't go to soccer practice on Sunday morning because it's the Sabbath? You can't, unless you've got a number of other families telling their families that they can't go to soccer practice. It requires the discipline and support of a community that is committed to those values.

Not only do these people have to share the same values, to some extent they have to be committed to the same practices. The pressure of market ideology makes it almost impossible for a single person or single family to do this unless you're in a community that is generally supportive of it.

**Quote - [Shane Koyczan](#)**

People cry not because they are weak. It's because they've been strong too long.

**Reflection - Resistance Fatigue, Rev. Douglas Taylor**

<https://docs.google.com/document/d/1o03Ua2gCJ9gAzajvGt75GWvJbX5AtXJ6/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true>

**Opening Words - There is a time to rest, Rev. Gretchen Haley \***

[Permission Secured by Soul Matters](#)

There is a time to let go  
the resistance  
the steadfast march  
to complete the to-do list  
for parents and activists  
and for all who love this life  
these people, these mountains, this sky  
There is a time to rest,  
and to trust  
the world will go on  
filled with partners at the ready,  
all of us splitting shifts on this project  
of building and healing, tending and turning  
Breath and being  
require their own  
practice  
their own attention  
and the heart needs time for becoming

stronger, after the shattering  
the opening wider  
the learning to love more  
and again  
Come into this place -  
Study stillness and  
Joy  
Know your belovedness  
like a memory calling out  
from the center of your being  
connecting every little piece  
of everything to everyone, and all of us  
Feel here gratitude rising, and praise  
For this chance to begin  
Again this day  
With hope  
Come, let us worship together

**Poem - The Clearing, Martha Postlewaite**

Full poem at <https://healingcirclesglobal.org/poems/the-clearing/>

Do not try to save  
the whole world  
or do anything grandiose.

Instead, create  
a clearing  
in the dense forest  
of your life  
and wait there...

## On Counter-Cultural Resistance

### Quote - [Rev. Gretchen Haley](#)

These times ask us to instead be what Martin Luther King Jr. called, “creatively maladjusted.” These times ask us to see and name what is not right, what is dis-ordered in the world and to refuse to believe it is normal, or acceptable, or moral – and instead to believe that we are meant for something else – to expect peace, and equality, and mutual respect – for everyone, including ourselves. And these times ask us to come together in our congregation as a part of what Unitarian Universalist minister Rebecca Parker calls a “community of resistance,” which she defines as “countercultural habitations in which people learn ways to survive and thrive that can resist and sometimes even transform an unjust dominant culture.”

### Lecture - **UNDONE: Faith as Resistance to Empire, Robin R. Meyers**

<https://www.youtube.com/watch?v=60PI4zp5ePE>

### Quote/Article - [Robin Meyers](#)

“...what should be writ large at the top of the church’s death certificate: The Beloved Community was born in resistance to the established order of death and indignity. It was concealed like leaven in the imperial loaf, germinating as a secret and subversive “colony of heaven,” a body of noncompliance with the principalities and the powers. Now we are as compliant as the subjects of any empire, embracing what we are taught to value, and resisting nothing that threatens our comfort, our success, our reputation, or our safety.”

### Lecture - **UNDONE: Faith as Resistance to Empire, Robin R. Meyers**

<https://www.youtube.com/watch?v=60PI4zp5ePE>

### Reading - **How to survive the apocalypse, Rev. Sean Parker Dennison**

<https://www.uuworld.org/articles/poem-survive-apocalypse>

## On the Danger of Us Becoming Consumers Rather Than Change Agents

### Quote - [Jill Lepore](#)

The 18th-century idea of progress really meant moral progress, moral improvement. The 19th-century idea that replaces it is evolution — we’ve become obsessed by the idea that change happens by way of organic evolution. The 20th century is really committed to economic growth, and our era is really only able to see or anticipate — and kind of index — change as technological progress or, to use what was the fashionable term some years ago, disruptive innovation.

So when you narrow an idea of progress, that includes amendment. Amendment is a moral term as much as anything else. It’s not just about cleaning up your prose. You mend your ways, you make amends. When you narrow the idea of progress to the latest update on your iPhone, or do you have ChatGPT 5 or 4, then you are only the object of change and never the subject of it. Change happens to you, but you don’t make change.

So I’m always fascinated to see in my students that if you ask them about a particular era, they sort of want to index it around — that’s when we first got our own phones, or that’s the year that I got to be on Facebook. We have just a real, quite painful passivity about change being done to us, and are being molded to be better and more efficiently acted upon as consumers than to think of ourselves as actively participating in the construction of a civil society as citizens.

# On Our Tendency to Resisting Painful Reality & The Invitation to Turn Toward Discomfort and Change

## Quote - [Unknown](#)

Change is never painful. Only resistance to change is painful.

## Quote - Carl Jung

What you resist not only persists, but will grow in size.

## Quote - Eckhart Tolle

Always say “yes” to the present moment. What could be more futile, more insane, than to create inner resistance to what already is? what could be more insane than to oppose life itself, which is now and always now? Surrender to what is. Say “yes” to life — and see how life suddenly starts working for you rather than against you.

## Reflection/Reading - Resistance is Futile, Doug Kraft

<https://www.uua.org/worship/words/meditation/resistance-futile>

“I remembered that crucial meditation lesson: resistance is futile. Fighting reality—wanting things to be different than they are—is what Jean Houston calls “schlock suffering.” Life has its unavoidable discomforts. But it doesn’t turn into anguish unless we have the hubris to think it should be different just because we want it to be different. Aversion is like an ocean wave rolling toward us: We can try to run from it, but it’s likely to catch us from behind, sweep us away, or knock us flat...”

## Podcast - Spiritual Resistance: Dissolving The Inner Struggle

<https://www.youtube.com/watch?v=u3GV1u2CNKg&t=118s>

On resisting resistance.

Related article [here](#)

## Video Reflection - A Confession About Resistance Happiness and Retreating into Safety, Andrea Gibson

<https://www.tiktok.com/@andregibsonpoetry/video/7254708375357836586>

## Poem/Reading - Allow, Danna Faulds

Full poem at <https://www.oceanrobbins.com/allow-a-poem-by-danna-faulds/>

There is no controlling life.  
Try corralling a lightning bolt,  
containing a tornado. Dam a  
stream and it will create a new  
channel. Resist, and the tide  
will sweep you off your feet.  
Allow, and grace will carry  
you to higher ground. The only  
safety lies in letting it all in...

## Quote - Jack Kornfield

Letting go is not the same as aversion, struggling to get rid of something. We cannot genuinely let go of what we resist. What we resist and fear secretly follows us even as we push it away. To let go of fear or trauma, we need to acknowledge just how it is. We need to feel it fully and accept that it is so. It is as it is. Letting go begins with letting be.

### Quote - [Jack Kornfield](#)

Things are wrong and people misbehave, causing our hatred and suffering to arise. But however painful our experiences may be, they are just painful experiences until we add the response of aversion or hatred. Only then does suffering arise.

### Talk - **Buddhist Psychology: Aversion, Jack Kornfield**

<https://www.youtube.com/watch?v=KG5haaTHIMw>

Full of great stories and illustrations.

### Quote - [Pema Chodron](#)

The way to dissolve our resistance to life is to meet it face to face. When we feel resentment because the room is too hot, we could meet the heat and feel its fieriness and its heaviness. When we feel resentment because the room is too cold, we could meet the cold and feel its iciness and its bite. When we want to complain about the rain, we could feel its wetness instead. When we worry because the wind is shaking our windows, we could meet the wind and hear its sound. Cutting our expectations for a cure is a gift we can give ourselves.. Relaxing with the present moment, relaxing with hopelessness, relaxing with death, not resisting...that is the basic message... Without giving up hope—that there's somewhere better to be, that there's someone better to be—we will never relax with where we are or who we are.

### Quote - [One Mind Blog](#)

Surrender is certainly not the lack of action. Surrender is a deep willingness to not avoid or escape or resist any part of life itself, but to meet it face to face with our eyes and our heart wide open so that we can see... see exactly what it is that we are dealing with.

### Blog Post - **What You Resist Grows in Size, Thomas Oppong**

<https://medium.com/personal-growth/carl-jung-what-you-resist-grows-in-size-9a4ae442ca12>

### TED Talk - **The hidden opportunity behind every rejection, Jia Jiang**

<https://www.youtube.com/watch?v=iwl-Pe0FbSg>

## On Resisting the Misuse of Martin Luther King Jr's Legacy

### Book - [The Struggle for the People's King: How Politics Transforms the Memory of the Civil Rights Movement](#)

- Related podcast with the author here: <https://kpfa.org/player/?audio=442996> (min 8:30-31:20)
- Book excerpt: <https://themancipator.org/2024/01/15/topics/books/full-truth-excerpts-struggle-peoples-king/>

### Roundtable - **Why Does 1963 Matter Today?**

<https://www.youtube.com/watch?v=8pYUsjXUShs>

### Podcast - **The co-opting of MLK Jr. by...everybody - Code Switch**

<https://www.npr.org/2025/01/22/1226038401/the-co-opting-of-mlk-jr-by-everybody>

### Essay - **Don't ask what Martin Luther King Jr. would do today and then ignore his real message**

On King's uncomfortable criticism of white privileged moderates and his call the replace capitalism with socialism

### Speech - **Martin Luther King Jr. Talks Reparations in Previously Unheard Speech**

<https://www.youtube.com/watch?v=9N-m9RcZGkc>

**Article - MLK Was an Exemplar of a Black Socialist Tradition**

<https://jacobin.com/2023/04/martin-luther-king-jr-mlk-socialism-class-racial-justice-civil-rights-movement>

**Article - Martin Luther King Jr Dreamed of a Society Without Poverty.**

<https://jacobin.com/2022/05/martin-luther-king-jr-society-without-poverty-economic-inequality-poor-peoples-campaign>

**Commentary - What the Data Say: MLK was a Democratic Socialist**

<https://theroanoketribune.org/what-the-data-say-mlk-was-a-democratic-socialist/>

**Essay - Saving Martin Luther King, Jr. and others from the capitalist “memory hole”**

<https://www.dsausa.org/blog/saving-martin-luther-king-jr-and-others-from-the-capitalist-memory-hole/>

**Podcast - Martin Luther King Jr.'s Democratic Socialist Dream: Michael Moore**

<https://www.youtube.com/watch?v=PyQJs4ucgYQ>

**Video - Christian Socialist, Martin Luther King Jr., Damon Garcia**

[https://www.youtube.com/watch?v=-6k\\_DTqrEPY](https://www.youtube.com/watch?v=-6k_DTqrEPY)

**Opinion - What the History Books Got Wrong About MLK and His Radicalism, Professor Eddie Glaude Jr.**

<https://www.youtube.com/watch?v=GKHG-jsUdm8>

**Speeches - Nina Turner: 'MLK Was on a Mission**

[https://www.youtube.com/watch?v=tTLaXUU0\\_k&t=581s](https://www.youtube.com/watch?v=tTLaXUU0_k&t=581s)

## **On Practicing Resistance Found in UU Theology & History**

*Concise connections between the monthly theme and our UU history and theology put together by the Soul Matters Team. Find out research on Practicing Resistance here;*

[https://docs.google.com/document/d/1FhhbzMF8vDEonDoJL4sueft7\\_4KCnaN8tvArlbntXbM/edit?usp=sharing](https://docs.google.com/document/d/1FhhbzMF8vDEonDoJL4sueft7_4KCnaN8tvArlbntXbM/edit?usp=sharing)

## **Additional Worship Resources For Practicing Resistance from Soul Matters**

### **Previous Packets on *Justice & Equity & Liberating Love***

*Remember we offer single packets on past themes. These can be found on our “[Individual Packets Page](#)” on our website. If you are looking for past worship resource packets on themes related to Practicing Resistance, we suggest the past worship packet on [Justice & Equity](#) and [Liberating Love](#).*

### **Our Specialty Worship Packet on *Honoring Martin Luther King Jr.***

*In addition to our “regular” monthly themed packets, we make specialty packets on a number of special Sundays and observances. You can check out all of those specialty packets on our website at:*

<https://www.soulmatterssharingcircle.com/topics---packets.html>

*For our this month’s theme of Practicing Resistance, you might want to check out the specialty packet: **Honoring Martin Luther King Jr.:***

[https://www.soulmatterssharingcircle.com/store/p338/Honoring\\_Martin\\_Luther\\_King%2C\\_Jr.html](https://www.soulmatterssharingcircle.com/store/p338/Honoring_Martin_Luther_King%2C_Jr.html)

# Recommended Sermons

## Notes about these recommended sermons:

- **Permissions Secured:** All of the sermons below have received permission for your online use. Unless otherwise noted, they can be used/read in both live streaming and recorded services that are posted on YouTube or a podcast. ***However, to be extra cautious and in good relationship, we ask that you reach out to the minister to let them know you are planning to use their sermon. Also be sure to ask if they have any particular requests or guidance for how to do that.***
- **An Important Note About Editing:** If you want to make changes to the sermon for brevity or context, **you must reach out to the preachers directly for such editing permission.** Contact information of each of the referenced preachers is listed after the list of sermons.
- **We mostly list written scripts:** In order not to undermine UU preachers who depend on live and online guest preaching income for their livelihood, we mainly focus on sharing sermon texts (and sometimes audio clips), but not videos.
- **Note about hiring preachers for online guest preaching:** All of the texts listed below can be used and *read* in your worship services for free. If you are interested in hiring these preachers to give the recommended sermons as a virtual guest preacher or through sending you a video recording of them preaching the sermon, we've listed their contact information below the sermon section so you can contact them directly.

## Love + Apocalypse

Rev. Anna Tulou

<https://docs.google.com/document/d/1WxEWYzANeeAZ3wVkwuduYwQ1ohQWdD9J/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true>

"And an answer came: no one can steal my joy. No one gave me joy. Joy is an expression of love, and love cannot be forced nor taken. I had lost my sense of connection to it. I had been overwhelmed by a flood of political actions, designed to overwhelm, and I had lost my mooring. But no one had taken it. No one can take it. Joy is ours to choose, to nourish and protect..."

*Note: Rev. Tulou is available to offer this sermon as a video recording or by Zooming into your service as a guest preacher for a fee. If you are interested, you can contact Rev. Tulou at [anna.tulou@richmondUU.org](mailto:anna.tulou@richmondUU.org)*

## Resistance is (not) Futile

Rev. Andrew L. Weber

[https://docs.google.com/document/d/1rXpCDXxFfmVpV8ktQM\\_V4l12G43liv2Z/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true](https://docs.google.com/document/d/1rXpCDXxFfmVpV8ktQM_V4l12G43liv2Z/edit?usp=sharing&oid=101245613595157190644&rtpof=true&sd=true)

"Resistance is futile." Upon hearing of resistance I think of the fictional aliens the Borg. And then I get to thinking, is resisting a seemingly overwhelming and all powerful force futile? This is where the story of the starfish comes in. For that story speaks to the same issue with a different take. Both the Borg and The Star Thrower are parables of people up against an injustice which seems insurmountable. One explicitly says that resistance is futile, the other implies it. There are so many starfish, what effect can one person possibly have? The conclusion for the man on the beach, however, is that it makes a difference - to one starfish at a time. Without my interfering this starfish would have died, and now it has a chance..."

## **Rest is Resistance, Can I Get an Amen?**

*rev. emilie boggis*

[https://docs.google.com/document/d/1oTCiaycNWZFe\\_pi5BGcsrQxOFTiR6HuRtNI099O-4Dg/edit?usp=sharing](https://docs.google.com/document/d/1oTCiaycNWZFe_pi5BGcsrQxOFTiR6HuRtNI099O-4Dg/edit?usp=sharing)

“What people aren’t expecting, Tricia says, is that she is calling you to resist grind culture. Full stop. She not only hands you a blanket. She also hands you a metaphorical flamethrower so that you can burn the culture of grind to the ground. Rest is, in fact, resistance. And she is calling on all of us to join together and resist...”

## **What We Can Do about Evil?**

*Rev. Tess Baumberger*

[https://drive.google.com/file/d/1c85-wlB2ECKELurcC2TE3zFiIRnZ\\_DvB/view?usp=drive\\_link](https://drive.google.com/file/d/1c85-wlB2ECKELurcC2TE3zFiIRnZ_DvB/view?usp=drive_link)

“We can engage in these five spiritual practices - listening, lamenting, freeing ourselves of any hold evil may have on us, remaining aware of our own ideals and how we’re living up to them, and forming radical friendships, especially across differences... Imagine the power in working together in this way, across the many ways evil at work in our country tries to separate and discourage us. Imagine the hope such

action can generate, hope that resists evil. A presenter at the anti-racism conference said she no longer believes the arc of the moral universe bends towards justice - it bends towards whoever is pulling the hardest at it. We need to pull at it, with allied groups, as hard as we can...”

## **Featured Preacher Bios & Contact Information**

- Rev. Anna Tulou: [anna.tulou@richmondoo.org](mailto:anna.tulou@richmondoo.org) & <https://richmondoo.org/about/ministers-and-staff/>
- Rev. Andrew L. Weber: <https://tpuuf.org/about-us/our-minister-and-staff/>
- Rev. emilie boggis: <https://www.leaderwise.org/emilie-boggis>
- Rev. Tess Baumberger: <https://uuessex.org/about-us/our-minister/>

# Closing & Chalice Extinguishing Words

## **A Space for Beauty\***

*Rev. Tandi Rogers*

[Permission secured by Soul Matters](#)

May your resistance be grounded in love.  
May you know when to rest, and when to rise.  
May you remember that pushing back against harm is also a way of making space for beauty.

## **The World is Waiting \***

*Rev. Michelle Collins*

[Permission secured by Soul Matters](#)

The flame is extinguished, but we know that courage doesn't live in a chalice. It lives in what you do next. Choose well. The world is waiting.

## **Already Breaking Through \***

*Rev. Michelle Collins*

[Permission secured by Soul Matters](#)

Leave this place with hope rekindled, not as wishful thinking but as stubborn practice. In a world drenched with despair, choose joy. Choose action. Choose to believe another way is possible, and live as if it's already breaking through.

## **Take From Life Its Coals \***

*Laurel S Sheridan*

Found at

<https://www.uua.org/worship/words/chalice-lighting/110092.shtml>

[Permission Source](#)

...Fan the flames of love and justice;  
join hands and hearts in common endeavor;  
and there will be no limit to what we can achieve together.

## **May we go forth... \***

*Rev. Tess Baumberger*

[Permission secured by Soul Matters](#)

May we go forth to meet  
oppression with freeing justice,  
hatred with healing love,  
and despair with unfailing faith.  
May it be so. Amen.

## **Rest When You Must \***

*Rev. Michelle Collins*

[Permission secured by Soul Matters](#)

The flame is extinguished but the struggle continues in its own time, in its own way. Trust the process. Rest when you must. Begin again tomorrow.

## **Let Our Lives Be a Prayer\***

*Rev. Joel Miller*

Found at

<https://www.uua.org/worship/words/closing/let-our-lives-be-prayer>

[Permission Source](#)

Let our lives be a prayer  
That waters dry souls...  
Refuses to be terrorized...  
And carries us through its storms.

## **These Hands Connect Us to One Another \***

*Rev. Amy Bowden Freedman & Rev. Keith Kron*

Full piece at

<https://www.uua.org/worship/words/closing/these-hands-connect-us-one-another>

[Permission Source](#)

Become aware of the hands that you are holding: their warmth, texture, and weight...  
As a child, these hands...  
And now these hands are the tangible link that connects us to one another...  
These hands have worked, are working, and will work to make the world a better place...

# Worship Leader Support

Join the Soul Matters Worship Leader Support Facebook Page:

<https://www.facebook.com/groups/soulmatterssharingcircle/>

Join the Soul Matters Ministers' Support Facebook Page:

<https://www.facebook.com/groups/719788338192570/>

**Attend one of our two monthly online ministers' brainstorming groups:**

First Tuesdays and First Thursdays of each month at 1pm eastern time

with this zoom link: <https://zoom.us/j/5857099120>

**Attend our monthly online Music Matters Coaching Calls:**

On the second Tuesday of every month at 2pm eastern time

with this zoom link: <https://zoom.us/j/5857099120>

## Inspiration

**Our Facebook Inspiration Page:**

<https://www.facebook.com/soulmatterssharingcircle/>

**Our Instagram Page:**

Find us as "soul\_matters\_circle"

**Music Playlists:**

Click [here](#) for links to the [Spotify playlists](#) for each month.

Click [here](#) to check out the [YouTube playlists](#).



*Soul Matters*

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Learn how to join at <https://www.soulmatterssharingcircle.com>