

Mini Message Series: Love the Hell Out of This World

Challenge:

Can you remember a time when you felt loved unconditionally? What happened? What was it like? Can you show someone in your life right now that kind of love? Can you show the world that kind of love? Can you show yourself that kind of love? Find some concrete ways that you can show unconditional love.

Spiritual practice:

Metta (lovingkindness) meditation

If you are unfamiliar with Metta, a good introduction can be found here:

<http://www.mettainstitute.org/mettameditation.html>

Discussion questions:

Love the “hell” out of the world. There are several meanings of that word, hell. It could refer to the *way* you love, an intense kind of love, or it could refer to some *thing* you are trying to push away, or decrease, with love. How does changing the meaning of the word change the overall meaning. Does it change the kind of love as well? What are some ways you could achieve this, whichever meaning you choose?

Journal/reflection prompt:

loving the hell out of the world

Other resources:

Articles:

“[5 Silver Linings You Can Find in Hard Times](#)” by Juliana Breines @www.psychologytoday.com

“[Small Ways to Practice Self-Compassion in Hard Times](#)” by Margarita Tartakovsky @blogs.psychcentral.com

“[7 Ways to Support Others During Tough Times](#)” by Lexi Behrntd @www.huffpost.com

“[How the Stress of Disaster Brings People Together](#)” by Emma Seppala @www.scientificamerican.com

Song:

[In These Hard Times](#) by Linda Hirschhorn @www.uua.org

“[Poetry That Will Get You Through a Hard Time](#)” @www.oprah.com

Videos: Honoring and Validating Diversity

[Rebeca Hwang, The Power of Diversity Within Yourself](#) @www.ted.com

[Jane Goodall, What Separates Us From Chimpanzees?](#) @www.ted.com

[Spencer Wells, A Family Tree for Humanity](#) @www.ted.com

For The Children (video):

[Planting the Seeds of Peace: Exploring and Celebrating Our Differences](#) @youtube.com

If you have questions, suggestion or feedback, please feel free to contact one of the members of the Spiritual Development Ministry:

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Resources from the Revs:

Articles:

["Fighting What We Hate, Saving What We Love"](#) by John Pavlovitz @johnpavlovitz.com

["Show Up Hungry"](#) by Rev. Elizabeth Nguyen @www.uua.org

["This PA School Suspended Fewer Students by Using a Restorative Model"](#) by Sara Schneider @why.org

["The Weirdly Enduring Appeal of Weird Al Yankovic"](#) by Sam Anderson @www.nytimes.com

Podcasts:

Interview with Rebecca Solnit, ["What Disasters Reveal About Hope & Humanity"](#) from WBUR

Interview with Vincent Harding, ["Is America Possible"](#) from NPR's OnBeing

Books:

[Love Wins](#) by Rob Bell

[The Gospel of Inclusion](#) by Bishop Carlton Pearson

[American Universalism](#) by George Huntston Williams

[The Larger Faith](#) by Charles Howe

[Universalism 101](#) by Richard Trudeau

Movie: [Come Sunday](#) on Netflix

Videos:

Interview with Rob Bell, ["Heaven & Hell"](#) from Religion & Ethics NewsWeekly

["Our Common Fate"](#) by Rikke Kjelgaard

Poems:

[Keeping Quiet](#) by Pablo Neruda

[A Great Need](#) by Hafiz

Songs:

[Everybody Hurts](#) by REM @youtube.com

[Jesus, Etc.](#) by Wilco @youtube.com

*The rejection of our common fate
Makes us strangers to each other.
The election of this common fate, in love,
reveals us as one body.*

-- Sebastian Moore

Please join us Sunday, May 3 for a question and answer session about Universalism (see the weekly for details)