

NAME

more than we know mp3.mp3

DATE

March 26, 2022

DURATION

26m 32s

3 SPEAKERS

Speaker1

Speaker2

Speaker3

START OF TRANSCRIPT

[00:00:00] Speaker1

The following is a message from WellSprings congregation.

[00:00:06] Speaker2

Oh. Good morning, everyone. It's a sleepy morning, isn't it?

[00:00:14] Speaker3

We're all on. Probably at least one hour.

[00:00:16] Speaker2

What did I do to my cord?

[00:00:17] Speaker3

There we go. We're all on. Probably at least.

[00:00:20] Speaker2

One hour.

[00:00:21] Speaker3

Less of sleep than usual.

[00:00:23] Speaker2

It's winter all of a sudden again. When did that happen? And so.

[00:00:28] Speaker3

I'd like to actually.

[00:00:29] Speaker2

Do something that I think fits our mood this morning to open my message, which is read to you for a minute. And I want to.

[00:00:39] Speaker3

Invite everybody you know, we are a small crew today, so our.

[00:00:43] Speaker2

Musicians, our tech volunteers.

[00:00:45] Speaker3

Carl in the back room.

[00:00:47] Speaker2

He can hear me. I can't see him, but I know.

[00:00:49] Speaker3

He's there to just.

[00:00:51] Speaker2

Rest for a moment. Some of you come here with.

[00:00:55] Speaker3

A role to play, but how often do we get to be read to.

[00:00:59] Speaker2

As adults? This reflection I want to.

[00:01:04] Speaker3

Share.

[00:01:06] Speaker2

Is from a clergy.

[00:01:07] Speaker3

Colleague.

[00:01:08] Speaker2

Of mine.

[00:01:09] Speaker3

He's one of those colleagues that we call.

[00:01:12] Speaker2

Sort of a ministers.

[00:01:13] Speaker3

Minister. He's really well respected by all of.

[00:01:17] Speaker2

Us in the ministry. And he.

[00:01:19] Speaker3

Is retiring this year from his.

[00:01:21] Speaker2

Role as senior minister.

[00:01:23] Speaker3

At Oak Ridge UU Church, which is just outside.

[00:01:26] Speaker2

Knoxville, Tennessee. That's him on the left. The picture from their website, the Reverend.

[00:01:35] Speaker3

Jake Murrell.

[00:01:38] Speaker2

And as Jake moves.

[00:01:39] Speaker3

Closer to his.

[00:01:40] Speaker2

Retirement.

[00:01:42] Speaker3

He started a newsletter where he shares.

[00:01:44] Speaker2

Reflections and thoughts.

[00:01:45] Speaker3

Like this with his colleagues. So here are Jake's words.

[00:01:51] Speaker2

From this week. A few months.

[00:01:56] Speaker3

Ago, the faucet.

[00:02:00] Speaker2

In the.

[00:02:00] Speaker3

Hallway, bathroom.

[00:02:01] Speaker2

Sink at my.

[00:02:03] Speaker3

House stopped.

[00:02:04] Speaker2

Working. Now, when you.

[00:02:07] Speaker3

Hear that a faucet has stopped.

[00:02:09] Speaker2

Working, you might be imagining that no water is coming out anymore. And sometimes that's the case. But in this instance, our broken faucet just wouldn't turn off. What began one.

[00:02:28] Speaker3

Day as a drip, drip, drip.

[00:02:31] Speaker2

Turned into a small stream and then a constant.

[00:02:36] Speaker3

Flow.

[00:02:39] Speaker2

Now as someone raised not to.

[00:02:41] Speaker3

Waste water.

[00:02:42] Speaker2

It was unnerving to.

[00:02:43] Speaker3

Me to watch all of that unused water.

[00:02:47] Speaker2

Running free until the plumber.

[00:02:50] Speaker3

Arrived.

[00:02:53] Speaker2

And it occurred to me as I noticed that feeling. That a person can be a lot.

[00:03:00] Speaker3

Like.

[00:03:01] Speaker2

A broken faucet. When a person isn't functioning very well, we often imagine someone who has stopped. Someone who has.

[00:03:12] Speaker3

Stopped.

[00:03:12] Speaker2

Performing basic tasks, someone who is hiding away from challenges and.

[00:03:18] Speaker3

Responsibilities and relationships like a faucet that has stopped.

[00:03:23] Speaker2

Conducting.

[00:03:24] Speaker3

Water.

[00:03:26] Speaker2

And sometimes that's the case.

[00:03:30] Speaker3

But like a faucet that won't stop running.

[00:03:34] Speaker2

A person whose functioning has broken down can.

[00:03:37] Speaker3

Also appear.

[00:03:38] Speaker2

To be in constant motion. Chasing this and.

[00:03:43] Speaker3

That.

[00:03:44] Speaker2

Overwhelmed by effort, engaged with responsibilities.

[00:03:48] Speaker3

At all hours.

[00:03:49] Speaker2

Unable to turn.

[00:03:50] Speaker3

It off. This week.

[00:03:57] Speaker2

As I watched my broken faucet. This week marked also. The second.

[00:04:04] Speaker3

Anniversary.

[00:04:07] Speaker2

Of a moment. We all remember when the United States began to shut down in response to COVID 19. It has been a complex time with.

[00:04:20] Speaker3

Multiple waves.

[00:04:22] Speaker2

Of complexity. In addition to illness and death. And the pervasive.

[00:04:29] Speaker3

Shadow of these over our daily lives.

[00:04:32] Speaker2

Our patterns of functioning also changed in relationship to work and to each other. They were fundamentally.

[00:04:40] Speaker3

Altered.

[00:04:42] Speaker2

And for some.

[00:04:43] Speaker3

This brought opportunity. For others.

[00:04:46] Speaker2

Crushing challenge. Different people have had different experiences through.

[00:04:52] Speaker3

The two years of COVID so far. So I'm wary to.

[00:04:57] Speaker2

Speak in terms of always a.

[00:04:58] Speaker3

Never or.

[00:04:59] Speaker2

Everyone and no one.

[00:05:03] Speaker3

But I will.

[00:05:04] Speaker2

Say that chronic anxiety.

[00:05:06] Speaker3

Has a corrosive effect.

[00:05:10] Speaker2

Contending with uncertainty over the long haul can wear away. Even the most well-defined and best functioning lives. I've seen many people become.

[00:05:25] Speaker3

Like a faucet.

[00:05:27] Speaker2

That won't stop running.

[00:05:30] Speaker3

Well-meaning, hard working people who.

[00:05:33] Speaker2

Have surrendered to.

[00:05:34] Speaker3

The pressure.

[00:05:35] Speaker2

And expectation of duty under.

[00:05:38] Speaker3

Stress.

[00:05:41] Speaker2

And now new.

[00:05:41] Speaker3

Stressors have arrived.

[00:05:44] Speaker2

The war in Ukraine with its threat to global democracy. If circumstances can be expected to be rife with this uncertainty for the long.

[00:05:55] Speaker3

Haul.

[00:05:56] Speaker2

Than at some point running without stopping like a broken faucet is unsustainable. So maybe this.

[00:06:05] Speaker3

Week.

[00:06:07] Speaker2

Maybe this two year anniversary. It's a good time to take some time.

[00:06:13] Speaker3

Aside from your projects.

[00:06:15] Speaker2

And your responsibilities. To come back to some.

[00:06:19] Speaker3

Basic.

[00:06:19] Speaker2

Questions. That can help you respond.

[00:06:24] Speaker3

Thoughtfully to whatever.

[00:06:25] Speaker2

Challenges.

[00:06:26] Speaker3

Might be.

[00:06:27] Speaker2

Arising in the months ahead. Questions like.

[00:06:32] Speaker3

What is.

[00:06:32] Speaker2

Your understanding.

[00:06:34] Speaker3

Of your purpose? What is the gift that you can bring?

[00:06:42] Speaker2

And what is the.

[00:06:42] Speaker3

Gift that others.

[00:06:43] Speaker2

Can bring, which you are unwilling or unable to bring? May your mindfulness.

[00:06:53] Speaker3

And your clarity. Help you rise.

[00:06:57] Speaker2

To each moment ahead. Responding in the way that you intend to respond. Running like a broken faucet. Does that resonate for anyone? I wonder.

[00:07:15] Speaker3

A couple of people.

[00:07:18] Speaker2

I responded to this note, this reflection from Jake, not only.

[00:07:23] Speaker3

Because.

[00:07:24] Speaker2

It.

[00:07:24] Speaker3

Paints such a good picture of.

[00:07:27] Speaker2

How some of us might.

[00:07:28] Speaker3

Feel.

[00:07:30] Speaker2

The pouring out and the.

[00:07:32] Speaker3

Energy that it took over these past two years to adjust.

[00:07:36] Speaker2

To take in everything that is happening in this world still. I responded.

[00:07:43] Speaker3

Because it is a story about.

[00:07:47] Speaker2

Resignation.

[00:07:50] Speaker3

And it's also a story about integration. Jake's force, it turns out, needed a new rubber washer. A rubber washer stops the water flow so that.

[00:08:04] Speaker2

You can control it with the handle, but with time and use and decay.

[00:08:09] Speaker3

It's just a part.

[00:08:10] Speaker2

That eventually wears down.

[00:08:15] Speaker3

The rubber.

[00:08:15] Speaker2

Washer resigned.

[00:08:16] Speaker3

Spectacularly.

[00:08:18] Speaker2

And Jake.

[00:08:18] Speaker3

Storey.

[00:08:20] Speaker2

And so it.

[00:08:21] Speaker3

Is a story.

[00:08:22] Speaker2

About things that end and can no longer.

[00:08:24] Speaker3

Perform their role. But it's also a story about repair. And about repair through integration.

[00:08:34] Speaker2

Resignation and integration are two sides of the same coin. Because when something ends or.

[00:08:40] Speaker3

Leaves or quits. There has to.

[00:08:43] Speaker2

Be a renegotiation.

[00:08:45] Speaker3

Of all of the different parts.

[00:08:47] Speaker2

Around.

[00:08:47] Speaker3

It.

[00:08:48] Speaker2

To bring about that repair. In Jake's.

[00:08:52] Speaker3

Story, there.

[00:08:53] Speaker2

Was him, the homeowner, who.

[00:08:55] Speaker3

Notices the problem in the first place. There's the water.

[00:08:58] Speaker2

Company.

[00:08:59] Speaker3

That keeps the H2O flowing through those pipes.

[00:09:02] Speaker2

There's the Internet service.

[00:09:03] Speaker3

Provider that helps Jake be able to Google.

[00:09:06] Speaker2

And research and find a plumber to call. There's the plumber who has.

[00:09:10] Speaker3

The.

[00:09:10] Speaker2

Skill and knowledge.

[00:09:11] Speaker3

To assess and repair the problem. The suppliers who make sure that the plumber has the.

[00:09:16] Speaker2

Tools and the parts that he needs. There's even Jake's congregation who give generously so he can earn a.

[00:09:23] Speaker3

Salary to.

[00:09:23] Speaker2

Pay the plumber.

[00:09:25] Speaker3

For his work.

[00:09:28] Speaker2

Resignations are an ending.

[00:09:31] Speaker3

But they are also.

[00:09:32] Speaker2

Always one step in this larger.

[00:09:35] Speaker3

Process, this bigger picture. And as we grieve, what is lost.

[00:09:44] Speaker2

We can also accept the invitation to the new integration that it opens space for. The rearranging.

[00:09:52] Speaker3

Of roles.

[00:09:54] Speaker2

The shifting of.

[00:09:55] Speaker3

Priorities.

[00:09:57] Speaker2

And the renegotiation of something new. And yet. We often want.

[00:10:04] Speaker3

To rush it. We see.

[00:10:07] Speaker2

The emergency of the water flowing out of the faucet and we think it needs to.

[00:10:10] Speaker3

Stop.

[00:10:11] Speaker2

Right now. But like so many things in life, it takes more time than we think. Repair takes time and care and patience. More time and care and patience sometimes than we think it will. Time to take.

[00:10:34] Speaker3

Stock.

[00:10:34] Speaker2

Of the changes that have been brought on in.

[00:10:37] Speaker3

Each of our lives by the past few.

[00:10:39] Speaker2

Years, even if they're not external, the internal responses.

[00:10:42] Speaker3

That we have had.

[00:10:44] Speaker2

To what's been lost.

[00:10:47] Speaker3

Or destroyed.

[00:10:49] Speaker2

To what needs.

[00:10:50] Speaker3

To be rebuilt and what our role might be. As we move forward with these pieces.

[00:10:56] Speaker2

Around.

[00:10:56] Speaker3

Us. This idea of a great resignation. It's a phrase that you've probably heard if you.

[00:11:04] Speaker2

Read anything in the news.

[00:11:05] Speaker3

Media over the last year. We started hearing it last spring.

[00:11:10] Speaker2

April 20, 21, just.

[00:11:12] Speaker3

About a year ago, just as.

[00:11:14] Speaker2

Vaccines.

[00:11:15] Speaker3

Were becoming available to the general public.

[00:11:19] Speaker2

That was the month.

[00:11:20] Speaker3

That a record.

[00:11:21] Speaker2

4 million Americans in one month.

[00:11:23] Speaker3

Quit their jobs. Since then, about 33.

[00:11:28] Speaker2

Million Americans.

[00:11:30] Speaker3

Have quit their jobs.

[00:11:31] Speaker2

That's about 10% of the American population of the whole American population, not just the working population. And some of.

[00:11:39] Speaker3

Us have lived this shift ourselves. Yeah. Julia.

[00:11:44] Speaker2

I was going to say, I'm curious if any of.

[00:11:46] Speaker3

You count yourself as part of the.

[00:11:47] Speaker2

Great resignation.

[00:11:48] Speaker3

Maybe you have left a job or retired.

[00:11:51] Speaker2

Maybe you've.

[00:11:52] Speaker3

Moved in the last two years, ended a relationship.

[00:11:54] Speaker2

Gained a child, made some big life change since March 2020. If you're watching online in the.

[00:12:01] Speaker3

Chat, let us know. Do you feel like you're part of this?

[00:12:05] Speaker2

And it's interesting you might have made a change.

[00:12:07] Speaker3

But you might not see it as part.

[00:12:09] Speaker2

Of the pandemic.

[00:12:10] Speaker3

Right, because.

[00:12:10] Speaker2

Our lives are more complex than that. There's a lot more moving parts. I made a big change in the.

[00:12:17] Speaker3

Last two years, and at first.

[00:12:18] Speaker2

I didn't think of myself as making that change as part of the pandemic.

[00:12:22] Speaker3

But I moved last summer.

[00:12:25] Speaker2

I moved from a city that I had called home for ten years. And while the seeds of that decision were planted before 2020, there was absolutely something about the pandemic experience that pushed me to take that final step.

[00:12:42] Speaker3

These last few.

[00:12:42] Speaker2

Years have been isolating and fragmented.

[00:12:47] Speaker3

We are all still.

[00:12:49] Speaker2

Doing things that we never imagined.

[00:12:52] Speaker3

Two years.

[00:12:53] Speaker2

And a few.

[00:12:54] Speaker3

Days ago would become part of our daily lives.

[00:12:58] Speaker2

And things are shifting and changing again, which is exactly the time that some of this stuff comes up for us. And we start to notice what's missing. And what we want to bring back into our lives. What we want to create now.

[00:13:14] Speaker3

With what's here still. For me, it was that.

[00:13:21] Speaker2

Isolation, that fragmentation, that feeling that.

[00:13:23] Speaker3

We were pulling apart at.

[00:13:25] Speaker2

The seams.

[00:13:26] Speaker3

As a society.

[00:13:28] Speaker2

That made me want to be in one place. To move where my ministry was and to be.

[00:13:34] Speaker3

Totally here, more fully a.

[00:13:36] Speaker2

Part of one community and not.

[00:13:38] Speaker3

Split my life between two places.

[00:13:41] Speaker2

Between work and home anymore. There's a wonderful.

[00:13:45] Speaker3

Article that our Spiritual.

[00:13:47] Speaker2

Development Ministry found. I'm looking at Deb, who's on it.

[00:13:50] Speaker3

It's in the Resource Guide for this series. It's available on our website.

[00:13:55] Speaker2

And it's from Fortune magazine of all places.

[00:13:57] Speaker3

It has a very.

[00:13:58] Speaker2

Unfortunate magazine, Central.

[00:14:00] Speaker3

Idea. This idea that these.

[00:14:02] Speaker2

Resignations and the changes people are making are not.

[00:14:06] Speaker3

Really about work. They're about people starting to see work as part of this bigger picture in their lives. They actually talk about that phrase work.

[00:14:15] Speaker2

Life balance, and they say.

[00:14:17] Speaker3

What's.

[00:14:18] Speaker2

Happening here is a renegotiation of.

[00:14:20] Speaker3

That phrase to life work.

[00:14:23] Speaker2

Balance. People are downgrading work. They want to see it as one smaller part. In the mix of that integrated whole. And so they're making different.

[00:14:36] Speaker3

Choices so that they can put their lives first.

[00:14:42] Speaker2

And doing that doesn't mean coming up with more energy to do more in life.

[00:14:46] Speaker3

Right?

[00:14:46] Speaker2

To work hard and play hard. It's not about pouring more energy down the drain and running the faucet even harder. It means taking a step.

[00:14:55] Speaker3

Back to see that bigger picture.

[00:14:58] Speaker2

To see the plumber and the parts supplier and the water company and the congregation.

[00:15:04] Speaker3

And consider our relationship to all of it. And consider what we want.

[00:15:09] Speaker2

Not just to leave behind, but to move.

[00:15:12] Speaker3

Toward.

[00:15:17] Speaker2

This takes time. I can't give it to you in a sermon. And in fact, I wanted to take advantage of this time when we are still meeting in a relatively small group.

[00:15:30] Speaker3

To give you.

[00:15:30] Speaker2

All a chance to do something you haven't been able to.

[00:15:32] Speaker3

Do here for.

[00:15:34] Speaker2

A long time.

[00:15:36] Speaker3

Just to talk with each other.

[00:15:38] Speaker2

To reflect on this sentence. The sentence. That's part of our message series. Series description this season. In the context of this great resignation and the reintegration, we say it makes sense that in times of change, people change to. It makes sense that in times of change, people change to. And so I'm going to invite all of us this morning to take some time here to consider how you have changed and how you're changing.

[00:16:12] Speaker3

Over these past two years. I'm going to invite Harry.

[00:16:17] Speaker2

And Andy to come up on.

[00:16:18] Speaker3

Stage. They're going to play a little.

[00:16:21] Speaker2

Background music, so it's not too.

[00:16:22] Speaker3

Quiet in here. And as they do.

[00:16:26] Speaker2

For the next 5 minutes, I'm going to invite each of you to find someone in the room to connect with.

[00:16:33] Speaker3

Pull your chairs.

[00:16:34] Speaker2

Up to another.

[00:16:34] Speaker3

Pod.

[00:16:35] Speaker2

If there's someone that looks by themselves who needs a friend, remember, be friendly. Invite them in. Mix it up. If you don't want to talk to your own family members, that's fine. If you're online at home, perhaps you can talk to somebody in.

[00:16:48] Speaker3

Your house, or perhaps.

[00:16:49] Speaker2

You want to share in the chat with everyone.

[00:16:53] Speaker3

But just pull your chair.

[00:16:54] Speaker2

Up to another.

[00:16:54] Speaker3

Pod.

[00:16:56] Speaker2

And take.

[00:16:57] Speaker3

Each of you about half of.

[00:16:58] Speaker2

These next 5 minutes to answer this question. The question on the screen.

[00:17:07] Speaker3

How have you.

[00:17:08] Speaker2

Changed? How have you changed in these past two years? And if any of you are.

[00:17:13] Speaker3

Introverts who are.

[00:17:14] Speaker2

Panicking right now and I just invited.

[00:17:16] Speaker3

You to your.

[00:17:16] Speaker2

Worst.

[00:17:16] Speaker3

Nightmare. Or if you just.

[00:17:19] Speaker2

Feel the need to.

[00:17:20] Speaker3

Be quiet right now, there are also.

[00:17:22] Speaker2

Blank.

[00:17:22] Speaker3
Journals for you. There's a.

[00:17:23] Speaker2
Stack of them over.

[00:17:24] Speaker3
There by Chris behind Teresa. There's a stack.

[00:17:28] Speaker2
Of them on the heater and there's pens. So if you want to take this time to connect with yourself and reflect quietly on that question, please come up and grab one, pass them around and write some thoughts to yourself.

[00:17:42] Speaker3
Thank you. So how have you changed these past two years and how are you changing now? Okay. Take about 30.

[00:23:29] Speaker2
Seconds. Start to wind down your conversations.

[00:23:52] Speaker3
Time goes fast. Time goes fast when we're sharing. And I know that so many of us have missed this. I hate to break you up. Thank you all. I hope that.

[00:24:24] Speaker2
This experience, this chance to connect.

[00:24:27] Speaker3
Filled you up a little bit. Whether you.

[00:24:30] Speaker2
Were connecting here with your.

[00:24:31] Speaker3
Neighbors or just with yourself over these past few minutes. But I'll invite us all now to close.

[00:24:40] Speaker2
This morning as we began, just by listening to some words offered in the.

[00:24:43] Speaker3
Spirit of prayer. God of our hearts. Spirit of this life.

[00:24:53] Speaker2
And this.

[00:24:53] Speaker3
Love.

[00:24:54] Speaker2
And these connections that we've been given. Help us remember to take time. Help us remember that there is no magic amount of time we are.

[00:25:06] Speaker3
Supposed.

[00:25:06] Speaker2
To.

[00:25:06] Speaker3
Need to heal. To prepare.

[00:25:12] Speaker2
To find.

[00:25:12] Speaker3
Our way. Help us remember that it is okay if it takes.

[00:25:17] Speaker2
As long as it takes. We are living in a moment in.

[00:25:23] Speaker3
History that has brought loss.

[00:25:25] Speaker2

And change.

[00:25:28] Speaker3

But we are also here this morning.

[00:25:31] Speaker2

And we are.

[00:25:32] Speaker3

Part of a bigger picture. And so help us remember that this is what it really looks like. It is slow.

[00:25:42] Speaker2

And.

[00:25:42] Speaker3

Unhurried work. To weave.

[00:25:45] Speaker2

Something back.

[00:25:46] Speaker3

Together.

[00:25:47] Speaker2

To make something whole again. In these days ahead, may we be willing to grant ourselves that grace? Of more than we think we need. And may.

[00:26:01] Speaker3

You. Mysterious giver of our lives.

[00:26:05] Speaker2

May you.

[00:26:05] Speaker3

Supply that grace.

[00:26:07] Speaker2

As we need it from all the different sources that are around us.

[00:26:12] Speaker3

For these prayers that I've.

[00:26:13] Speaker2

Spoken and for.

[00:26:15] Speaker3

The prayers that all of us are carrying on.

[00:26:16] Speaker2

Our hearts this morning, we say amen.

[00:26:20] Speaker1

If you enjoyed this message and would like to support the mission of WellSprings, go to our web site WellSprings uu. Org. That's WellSprings the letters uu dot org.

END OF TRANSCRIPT



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