

## Spring Mini-Series: Starting Small

**Challenge:** Do you have a project that you need to start? Perhaps something that you've been putting off because it seems daunting? Take one step, no matter how small, towards achieving your goal. Take a moment to reflect on how it feels to take that step and how it would feel to continue.

**Spiritual practice:** "Try on" a new spiritual practice. Start with just a few minutes and let your experience guide you.

**Discussion questions:** Think of a time in your life when you undertook a big project. How did you feel: intimidated, energized, overwhelmed, a little of all these? What were those first small steps that you undertook to get it started? Did you have everything you needed at the beginning or did you work it out as you went along? What did it feel like to take those first small steps? And how did it feel to approach your goal?

### Journal/reflection/art prompts:

Big Goals/Small Steps

### Family Resources from Miss Carol:

The Everything Seed by Carole Martignacco: <https://youtu.be/kh4Ckwr-hik>

The Garden Song by John Denver: <https://youtu.be/D3FkaNOHQgs>

Wangari's Trees of Peace by Jeanette Winter: <https://youtu.be/yeNljYP1hvk>

Stone Soup: [https://youtu.be/1xE0zT3\\_BaU](https://youtu.be/1xE0zT3_BaU)

Future Library: 2014-2114: [Margaret Atwood and other authors have penned novels that won't publish for 100 years](#) by Jacopo Prisco

Youth v. Gov – Kids sue over climate change: [Juliana v. US](#)

How to predict the future :) [How to Make a Paper Fortune Teller](#)

### Readings, etc. from the Preachers:

#### Articles

"[The Habits of Successful People: They Start Small](#)" from *Buffer*

"[How to Stop Feeling Inadequate and Embrace Your Imperfect Self](#)" from *TinyBuddha.com*

"[I Didn't Feel Like Going, but I'm Glad I Did](#)" from *The New York Times*

"[Millions of Ukrainian Children are Still in School Despite the War](#)" from *NPR*

"[Guaranteed Income Helps Low-Income Black Mothers](#)" from *Jezebel*

"[The Art of Slowing Down](#)" from *Tricycle*

## Books/Stories

[The Gifts of Imperfection](#) by Brene Brown

[Learning to Walk in the Dark](#) by Barbara Brown Taylor

[Growing Spiritual Redwoods](#) by William Easum & Tom Bandy

[Start Where You Are: A Journal for Self-Exploration](#) by Meera Lee Patel

[Everything Seed](#) by Carole Martignacco – a great story book and here is a video from a UU congregation reading it: <https://youtu.be/pl8N9iOdYYM>

*Stone Soup* – a well-known European folktale with lots of versions; here's the Wiki info about it: [https://en.wikipedia.org/wiki/Stone\\_Soup](https://en.wikipedia.org/wiki/Stone_Soup)

And here's a fun website with recipes inspired by the story! <https://stonesoup.com/about-the-childrens-art-foundation-and-stone-soup-magazine/history-of-the-stone-soup-story-from-1720-to-now/>

[Active Hope](#) by Johanna Macy and Chris Johnstone – the book is a wonderful guide for taking small action in the face of giant needs; the website has great resources: <https://www.activehope.info/>

## Poetry

"[Sabbaths 1999, VII](#)" by Wendell Berry

## Songs

"[Let the Mystery Be](#)" by Iris DeMent

"[Sow Good Seeds](#)" by Mavis Staples

"[Starting Over](#)" by Chris Stapleton

"[my future](#)" by Billie Eilish

## And More

Reforestation efforts around the world start with the simple act of planting trees – and the story of Nobel Laureate Dr. Wangari Maathai is inspirational! Here are some great resources to explore her story and to think of action we can take here and now:

[https://en.wikipedia.org/wiki/Wangari\\_Maathai](https://en.wikipedia.org/wiki/Wangari_Maathai)

<https://www.greenbeltmovement.org/wangari-maathai>

<https://youtu.be/MMhDrJGGMFk>

<https://www.nationalforests.org/tree-planting-programs>

Questions? Suggestions? Feedback? Please feel free to contact one of the members of the Spiritual Development Ministry:

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