

Holiday Message Series: Loving (Even) This World

Challenge: Love for this world can be cultivated through gratitude for the many good things in it. The challenge for this message series is to make a habit of gratitude through a daily gratitude practice. Not just a “write down three things you are grateful for each day” practice (although that can be effective as well), but a practice where you write down (or think about) one thing you are grateful for and *why*. What exactly makes you grateful for that thing? If you need inspiration, see the 30 Days of Gratitude prompts in the Facebook Oasis group, or (in an abbreviated version) on WellSprings’ Twitter and Instagram.

Spiritual practice: Multiple opportunities to meditate in public together will be offered during this series. Join one, join all of them, or anything in-between. Hope to see you there. [Meditation Schedule](#)

Discussion questions: How can you love this world when it seems like every day there is some new atrocity or injustice? UU’s believe there is sacred meaning found in everyday life. Where can you see this meaning in your life? In the larger world? Can you love this world, despite its flaws?

Journal/reflection/art prompt: Loving this (whole) world

Family Resources from Miss Carol:

Articles for parents navigating a tough world and finding the good:

[“How Can I Stay Positive for My Kids When I’m So Overwhelmed?”](#) By Allison Briscoe-Smith

[“Talking With Kids About The News: We Asked, You Answered”](#) by Cloe Axleson and Frannie Carr Toth

Gratitude activities for kids and youth - I like 1, 6, 7, 12, 15, 16 for elementary kids... and 27-31 great for older kids. There are soo many good ideas here!

[31 Meaningful Gratitude Activities for Kids](#) by We Are Teachers

An extensive offering of ideas for folks of all ages to practice gratitude even in this world... (scroll all the way down! there’s a bunch of articles on the page)

[Gratitude Exercises](#) from PositivePsychology.com

Meaningful gratitude practices for teens

[12 Ways to Practice Gratitude Year Round](#) by Courtney Harris

Ten Books for kids about taking action

[Making Our Voices Heard: Books About Activism for Kids](#) by Laura Lambert

Fifteen Books for kids about optimism/beauty

[Children’s Books That Show Kids the Goodness in the World](#) by Denise Schipani

Video Book - even the small things we do matter

[Come With Me](#) by Holly M. McGhee & Pascal Lemaître

Readings, etc.:

Books

[Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life](#) by Jon Kabat-Zinn

[You Are Here: Discovering the Magic of the Present Moment](#) by Thich Nhat Hanh

[This Here Flesh: Spirituality, Liberation, & the Stories That Make Us](#) by Cole Arthur Riley

[The Storm Before the Calm: America's Discord, the Coming Crisis of the 2020s, & the Triumph Beyond](#) by George Friedman

[Permission to Feel](#) by Marc Brackett, PhD

[Cultivating Wholeness](#) by Margaret Kornfield

[The Wise Heart](#) by Jack Kornfield

[Love and Rage](#) by Lama Rod Owens

[all about love](#) by bell hooks

[Braiding Sweetgrass](#) by Robin Wall Kimmerer

[Longing for Running Water](#) by Ivone Gebara

[Healing the Heart of Democracy](#) by Parker Palmer

[Soul Repair](#) by Rita Nakashima Brock and Gabriella Lentini

[Spiritual Care in an Age of #BlackLivesMatter](#) ed. Danielle Buhuro

[Everyday Spiritual Practices](#) by Scott Alexander

Articles

["Have Your Heart Be Where Your Feet Are"](#) from *OnBeing Blog*

["The Law of Little Things"](#) from *The Best Brain Possible*

["3 Ways To Quiet Your Mind In A Noisy, Chaotic World"](#) from *The Medium*

["How to Invite Nature Into Your Life"](#) from *Mindful*

Podcasts

["A Wild Love for the World"](#) interview with [Joanna Macy](#) from *OnBeing*

["The World Is Our Field of Practice"](#) interview with [angel kyodo williams](#) from *OnBeing*

Poetry

["The Thing Is"](#) by Ellen Bass

*Some nights stay up 'til dawn
as the moon sometimes does for the sun.
Be a full bucket, pulled up the dark way
of a well then lifted out into the light.
Something opens our wings,
something makes boredom
and hurt disappear.
Someone fills up in front of us,
we taste only sacredness.*

-13th century poet in Persia

Songs

[Perfect World](#) by The Indigo Girls

[It's OK to be Sad](#) by Mary Chapin Carpenter

[Loosen, Loosen](#) by Aly Halpert

[You're Not Alone](#) by Allison Russell

Online Resources

[Lakota Man](#) on Twitter often tweets about being present and at one with nature

[Trainings for Faith Development](#) @uuinstitute.com

[Braver/Wiser](#) @uua.org

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

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