
Soul Matters
Healing
Worship Research
November 2026

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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

November 2026

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

Interfaith

- All Saints Day (Christian) - Nov. 1 (more here)
- All Souls Day - Nov. 2 (more here and here)
- Samhain (Pagan/Wiccan) - Oct. 31 - Nov. 1 (more here)
- Diwali: Festival of Lights (Hindu) - Sunday, Nov. 8, 2026
- Advent (Christian) Nov. 29 - Dec. 24, 2026 (more here and here)

Unitarian Universalist

- James Luther Adams birthday - Nov. 12 [more]
- Francis David died in prison on Nov. 15 (1579) (more here)

National Holidays & Cultural

- Native American and Indigenous Peoples' Heritage Month (more here and here)
- Alzheimer's Awareness Month
- Dia de Los Muertos/Day of the Dead - Nov. 1-2
- Election Day - Nov. 3, 2026
- James Weldon Johnson & J. Rosamond Johnson composed "Lift Ev'ry Voice and Sing" - Nov. 6, 1900
- Birthday of Dorothy Day - Nov. 8 (1897)
- Veterans Day - Nov. 11
- Remembrance Day (Canada) - Nov. 11 (observed Nov. 12)
- Birthday of Elizabeth Cady Stanton -Nov. 12, 1815
- U.S. Supreme Court ruled that racial segregation on public buses was unconstitutional - Nov. 13, 1956
- Transgender Day of Remembrance - Nov. 20
- National Day of Mourning / Thanksgiving Day - Nov. 26, 2026 (more here)
- Grand jury decision not to indict Officer Darren Wilson for the killing of Michael Brown, sparking protests in Ferguson and cities across the U.S. - Nov. 24 (2014)
- Origin of Species published & Evolution Day - Nov. 24
- Black Panther Party founded - Late Nov (1966), exact day in Nov. varies among sources

For Fun and On the Fringe

- Sesame Street" first aired on PBS - Nov. 10, 1969
- World Kindness Day - Nov. 13
- Buy Nothing Day - Nov. 29
- Charles Schulz B Day - Nov. 26 (1922) (more here and here and on his spirituality)

Chalice Lightings & Opening Words

Bring Your Broken Hallelujah Here *
Rev. Julián Jamaica Soto
Full piece found in Spilling the Light (pgs. 38-39), a UUA published book Permission Source
Also found at https://westforkuu.org/2016/11/17/broken-hallelujah/

Bring your broken hallelujah here. I know that people have told you that before you can give, you have to get yourself together. They overstated the value of perfection by a lot… We all bring some broken things… And from the pieces we will build something new...

Don't Leave Your Broken Heart At The Door…
Rev. Angela Herrera
Full piece at https://www.vashonislanduu.org/a-poem-by-rev-angela-herrera/

Don't leave your broken heart at the door;
bring it to the altar of life.
Don't leave your anger behind…
Bring them with you,
and your joy
and your passion…
Bring your need for healing,
and your power to heal.
There is work to do
and you have all that you need to do it
right here in this room.

A Space of Mending *
Rev. Michelle Collins
Permission Secured by Soul Matters

We come from a world that asks us to earn our rest,
to justify delight, to keep going no matter what.
Today we set that down.
May this be a space of warmth, in a world that can feel cold.
May this be a space of mending, for those parts of us that are frayed and worn thin.
And may this be a time of remembering that healing is something we do together.
With this in our hearts, let our worship begin.

In Need of Healing *
Maureen Killoran
Full piece found at https://www.uua.org/worship/words/opening/invocation-hard-times
Permission Source

Welcome, you who come in need of healing…
Welcome, with your problems and your pain.
Welcome, too, your joys and your wonderings…
Instead of answers, here may you find safety for your questions.
Instead of promises, may you find community for your struggles...

Lay It Down *
Rev. Joan Javier-Duval
Full piece at https://www.uua.org/worship/words/opening/lay-it-down
Permission Source

Here
here is where you can lay it down
lay down all that you have carried
the weight of the world that has rounded
your back…
here is where healing begins…
here is where the door is thrown open
and the light can lift away the shadows…
here is where you can rest…

Come Into This Circle *
Rev. Scott Tayler
Permission Secured by Soul Matters

Come into this circle of compassion and care.
Bring your worry and wounds,
your longings and hope.
With word and song,
we rekindle the connection
that soothes our tender hearts.
With stillness and space to pause,
we restore our strength
for the work that must be done.
The work of love.
The work of waiting
The work of healing.
The work of remembering
that we are never alone.
Let us begin.

Light the Candle *
Jess Reynolds
Full piece found in Love Like Thunder, (pg. 9), a UUA meditation manual & Soul Matters
Permission Source
Also found at https://obuuc.org/092720-onlineservice/

Light the candle. Cup your hands around the flame and listen as it whispers. What does it say to your warm and weathered palms ...
Light the candle. Breathe against the flame and watch it ripple. Breathe your fears into it and let them burn into trails of empty gray...
Light the candle. Feel your bones melt like wax, all your hardest parts softening to the touch...

For Use in Services Honoring Native American and Indigenous Peoples' Heritage Month & National Day of Mourning / Thanksgiving Day

On This Land…*
Lóre Stevens
Permission Secured by Soul Matters

On this land, great harm has been done to people, by people.
We light this chalice to shine a light on that truth,
To contribute our energy to the work of repair,
And to hope that no such harms are done again.

A Space of Mending *
Rev. Michelle Collins
Permission Secured by Soul Matters

Welcome to this season of thanksgiving.
It is a time of year that asks us to hold complicated histories alongside genuine gratitude, both true at once.
We come honoring the harm within this holiday
as well as the hunger for connection this time holds.
And so, let us breathe together, holding complexity with compassion,
and opening our hearts wide.
May an awareness of all we have been given
lead us to share this table of abundance and heal us all.

Meditations & Prayers

Prayer on the Eve of an Election *
Rev. Tess Baumberger
Permission Secured by Soul Matters

Spirit of Wisdom,
As we prepare to elect new citizens to lead us,
in our communities, town and cities,
in our counties, states, and our heart-torn nation,
grant us wisdom and discernment
so that we may choose those of peaceful heart,
of clear mind and of servant spirit.

Spirit of the Harvest,
Help us to winnow the grain from the chaff
and to reap the legacy of freedom
our founders planted for all of us.
Help us to gather together as one people
united in concern for this country
founded upon such promising ideals.

Spirit of Healing,
Grant that we may bridge the breaches
that have opened between us.
Help us to understand one another,
to listen to the stories of who we are,
and to find common ground
on which we can stand and walk together.

Amen.

Invitation to Arrive and Rest *
Rev. Shari Woodbury
Permission Secured by Soul Matters

Out of the din of the city
Away from the noise of the crowds
We come
To rest in this moment
In this place.
Set apart from the never-ending to-do lists
Embracing the seventh day, a day of rest,
We come
To the warmth and stillness
Of this sacred hour.
Remember, you have chosen to be here
Something in your life led you to arrive here, now.
Whatever tasks and cares await you
Now, for this brief time, simply rest.
Allow your soul to be nurtured,
Let the waves in your mind and heart gradually subside
As you come home to yourself,
Holy, and whole

Consider following Rev. Woodbury's piece with a time of silent reflection followed by one of these reflective musical pieces: Inner Peace by Beautiful Chorus or Find a Stillness, #352 in our Hymnal:

One Small Step *
Rev. Michelle Collins
Permission Secured by Soul Matters

Ground of Being,
We have each, at some point, tried to carry something too heavy by ourselves, certain that asking for help meant admitting failure. Today may we take one small step toward setting that certainty down.
Let us remember the holiness and healing weight of a hand placed on a shoulder during a bad week, a text that simply says, "thinking of you," a chair pulled up beside a hospital bed. None of it may cure anything, but all of it heals. May we have the humility and the wisdom to let others in.
It is ok to say, "I need help."
It is healing to utter the words, "I don't want to do this alone."
And it is also true that when we withhold our hurt, others are left more alone.
Expressing our need reassures those near us that the wounds of life come to us all.
So in the silence we now share, may we each find the strength to admit we are sometimes weak.

Hurricane Rock *
Rev. Tess Baumberger
Permission Secured by Soul Matters

Many years ago I found a rock on the coast of Maine. It has a swirling pattern in it, created in an intensely hot burning moment when the rock was molten, fluid. As the rock cooled, its once liquid nature solidified, holding within it this tempest (stormy) pattern. I call it my hurricane rock.

When I found the rock, I had just seen a movie version of "The Merchant of Venice" by William Shakespeare, and heard one of the characters deliver a beautiful speech about the quality of mercy as being like water, like rain. Looking at the rock I realized that though we are mostly made of water, like this rock, our minds and hearts can also become frozen in times of intense emotion, pain, anger, or other trauma.

These moments thus gain great weight, becoming heavy, hardening our hearts and minds and spirits. They also make our lives harder as we harbor resentments, letting them poison our own wells. Or sometimes we recreate these storms, again and again, with other people and in other situations. Playing out the pattern of those moments in which we are stuck, we keep recreating storms that have no quiet eye, as a hurricane does.

In our time of silence, I invite you to consider whether you are in some sense like this hurricane rock: solidified in terrible times, in resentment or fear, anger or pain. And I offer for your consideration this prayer,
"Tempest rock, hurricane rock, teach me not to be frozen in such moments.
Teach me to step out of those storms into calmer waters."

Let us enter into silence together.

Meditation on Broken Hearts *
Thomas Rhodes
Full meditation at https://www.uua.org/worship/words/meditation/meditation-broken-hearts
Permission Source

Feel the earth beneath your feet as it supports you.
Feel the love of this community as it surrounds and enfolds you…

And how is it with your heart?... is it broken, fragile to the touch, brimming with the pain of loss?...
None of us has an unblemished heart, not one…

So let us give thanks for the broken places in our hearts, and in our lives.
For it is only through such brokenness that we may truly touch one another
and only through touching one another that the world may be healed…

Slower and Slower *
Rev. Mark Belletini
Full piece found in Sonata for Voice and Silence
Permission Source

Let the difficulties of the week
take their sabbath now
their brief and simple rest...
Let the coming silence be like hands pulling back a curtain,
revealing the table set with the feast of life which is present here and now
and has been the whole while...

Even This Is Enough *
Rev. Vanessa Southern
Full meditation at https://www.uua.org/worship/words/prayer/even-enough
Permission Source

If your body won't do what it used to, for right now let it be enough…
If you are here utterly alone and in despair, be all that here with us.
If today you cannot sing because your throat hurts or you don't have the heart for music, be silent...
The world won't stop spinning on her axis if you don't rise to all occasions today.
Love won't cease to flow in your direction,
your heart won't stop beating,
all hope won't be lost…

Prayer of Healing *
Krista Westervelt
Full meditation at https://www.uua.org/worship/words/prayer/prayer-healing-westervelt
Permission Source

We lift up those who grieve…
We lift up those carrying the pain of regret…
We lift up those experiencing loneliness…
We lift up those bearing the scars of religious trauma and spiritual harm…
We lift up those in ill health…
We lift up those who fear that their hurts, their pains, are too insignificant for healing…
In all things, may we acknowledge the ways that we, together, are an answer to our prayers… May we have the wisdom to know when to speak and when to accompany one another in the silence of sacred companionship. And may we strive to be a beloved community and a balm to those who are suffering and in pain.

Forest Meditation *
Rev. Tess Baumberger
Permission Secured by Soul Matters

Picture yourself as a woodland clearing.
Begin right where you are.
Look around and notice your inner surroundings.
Emotions like rocks or like birdsong,
Physical sensations like thistles or moss,
Watch thoughts and worries hurry by like a breeze.
Let them go. Just notice. Do not judge. Do not question.

Breathe. Regard yourself with gentle eyes.
Behold, befriend your feelings, your past, yourself.
None of these things can harm you, if you do not give them leave.
Do not give them leave.

Recognize that hurt is different from harm.
Surgeons hurt when they make incisions
To remove what no longer serves you, to mend what is ailing,
So that in the long run you feel better.
Perhaps your hurt is like this – different from harm.

Like the burls upon a tree, scars can be signals of healing.
Even the branch displaced by some ancient agent
Can right its self and find its way to brightness.
Accept hurt, feel it, notice it, thank it, even.
Observe any changes.

Search for attitudes of relative comfort. Assume them.
If there is no hurt for you right now,
Thank that reality, bless it, notice it, feeling health and joy
Fill you to the brim and flood like a vernal stream.
Let peace enter in, like sun upon the forest floor,
Dappled, moving, gently warming you.
Begin here, right where you are.
Picture yourself as a woodland, clearing.

For Use in Services on the Transgender Day of Remembrance

Beacons *
Kimi Floyd Reisch
Full piece at https://www.uua.org/worship/words/affirmation/beacons
Permission Source

we were never meant to
hide in closets
and we were never to be spoken of
in whispered corners by a
world filled with others
afraid of their own reflections…
we gather now
in the wake of their efforts to erase
as a sign
that we are not so easy to erase
and knowing that we are
literally love becoming
we were never meant to hide
we were always meant to blaze

Prayer for Our Trancestors *
Laura Conkle
Full piece at https://www.uua.org/worship/words/prayer/prayer-our-trancestors
Permission Source

We love and remember our trans siblings stolen from us this year. We love and remember all of our trancestors stolen from us throughout time and space…
We call out to you in our grief and our rage… We call out to you in our need for support and change. We call out to you in our dreams and wishes. Please help us survive. Please change the hearts and souls of those who directly bring us harm… Please bring us to a day when we may live, whole and sacred, reasonably safe in the great wide world.

For Use in Services on the National Day of Mourning / Thanksgiving Day

A Table That Holds Both Gratitude And Grief *
The Soul Matters Team
Permission Secured by Soul Matters
Permission is also granted to add to or edit this meditation as fits your service.

The upcoming Thanksgiving holiday is accompanied by a variety of contradictory feelings. With a recognition of that complexity, I now invite us to turn inward together.

Spirit of Life, this thanksgiving week asks us to sit at a table that holds both gratitude and grief, healing and harmful history, all at once. We feel thankful for the people passing dishes toward us and still carry the ache of what needs mending, in our own lives and in the fuller story this holiday too often leaves untold.
Let this be a week where healing and gratitude keep each other honest. May we give thanks without rushing past what still hurts, and tend to what aches without forgetting what sustains and brings us joy.
Let our tables, however complicated, still manage to hold us, and let some of what is broken find room to begin the mending that will heal us all.

With hearts wide open to the fullness that is our lives, let us now enter into a time of stillness, together.

Gratitude's Deepest Call *
The Soul Matters Team
Permission Secured by Soul Matters.
Permission is also granted to add to or edit this meditation as fits your service.

The coming Thanksgiving holiday comes with feelings too many to name. It is with that complex and never-easy-to-navigate fullness that I now ask us all to turn inward together.

Source of Love, gratitude comes easily to some of us this week, but can be more difficult for others of us who may be grieving an empty chair, a strained relationship, a body now diagnosed with a disease.
Let this prayer remind us of gratitude's deepest call: not for a life of ease, but for life itself. To be grateful for existence is to be grateful for it all.
And so, we give thanks for the joy that sits alongside the struggle, the light that can never be shut out by the dark.
May our gatherings this week hold a gratitude that doesn't flinch from what needs mending, and a connection across the differences and divisions that need not keep us apart.
There is a holiness to experiencing the wholeness of life. May an embrace of that fullness heal us all.

With hearts open to the complexity and fullness that is our lives, let us now enter into a time of stillness, together.

A Thanksgiving Blessing *
Rev. Naomi King
Full piece at http://www.uua.org/worship/words/meditation/184352.shtml
Permission Source

Let us join hands and hearts in gratitude on this wondrous day where we have the abundance of our lives before us… We wish for the abundance of this world to be shared, for fear to become love, for the lonely to feel welcomed, and for the suffering to know rest and joy… For the nourishment of our spirit, the challenges that strengthen us, and the friends we have on the journey, we sing "thanks!" For all that is our lives… let us shout, "thanks!" Amen.

Poems That Can Serve as Meditations on Healing

Blessing for the Brokenhearted
Jan Richardson
Full poem found at https://paintedprayerbook.com/2014/02/10/a-blessing-for-the-brokenhearted/

Let us agree for now
that we will not say
the breaking makes us stronger…
Perhaps for now it can be enough
to simply marvel at the mystery
of how a heart so broken
can go on beating…
as if it knows
the only cure for love
is more of it… is to love still…

Mending *
Nancy Shaffer
Found in Instructions in Joy, Skinner House publication
Also online here and at https://www.instagram.com/p/DXbuVFhCFNa/
Permission Source

How shall we mend you, sweet Soul?
With these, I think, gently
we can begin: we will mend you with a rocking
chair, some raisins,
a cat, a field of lavender beginning
now to bloom...

Poem/Prayer - A Blessing For One Who Is Exhausted, John O'Donohue
Full poem at http://www.dailygood.org/story/734/a-blessing-for-one-who-is-exhausted-john-o-donohue/

"...You have traveled too fast over false ground;
Now your soul has come to take you back.
Take refuge in your senses, open up...
Become inclined to watch the way of rain
When it falls slow and free.
Imitate the habit of twilight,
Taking time to open the well of color...
Draw alongside the silence of stone
Until its calmness can claim you…"

***ADDITIONAL RESOURCES**: To support your efforts to honor Transgender Day of Remembrance and Veterans Day, don't forget we have two specialty worship packets devoted to LGBTQ+ events and Military Observances. Find both of these specialty resources on our Special Worship Packets page on our website: https://www.soulmatterssharingcircle.com/topics---packets.html*

Music

Music Suggestions For November 2026 - "Healing"

from Soul Matters Music Resources Coordinator, Emma Campbell

Musical Notes - Healthy Hymn Singing

How are you? I confess that I am feeling anxious. There are so many wonderful new hymns in our newest hymnal, Sing Out Love, that I am wondering how I am going to enable the congregation I serve to become familiar with them - especially as they have admitted that they like singing 'old favorites'. Given that we are a Living Tradition with evolving theology, I feel moving with the times and including some of the awesome new music in services is important. Communicating with other Music Directors about how they approach this difficulty has added to my repertoire of tricks to encourage this to happen, and I have listed them below. If you have other ideas, or would like to attend a Zoom gathering to discuss them, please get in touch: soulmattersmusic@gmail.com.

1) I hold a very informal 'hymn choir', gathering 30 minutes before the start of worship. It is open to anyone who shows up, with no commitment to show up every week. We sing through the hymns that are part of worship that morning, not so that we can stand at the front and 'perform' but so that those people who attended can intersperse themselves amongst the other congregants. This has proved incredibly effective with rounds, but also brand new hymns. (We have around 40-50 people at worship and if 8-10 people feel confident with the hymns it makes a huge difference to the quality of congregational singing.)
2) I often use hymns as Preludes, Offertories, or Postludes where they are sung by choir members only - just because they work well for congregational singing does not mean they can only be used as such (and, in fact, I would argue that pieces in Singing the Journey as well as Sing Out Love are not intended to be congregational pieces);
3) Hymn of the month can work well with a new hymn that fits the theme. It can also feel very boring. The keys to success appear to include:
    a) Relevance to the services - tricky if not all the services use the Soul Matters theme for inspiration
    b) Varying which verses are sung
    c) Having different people perform the hymn before asking the congregation to sing it - an instrumental version the first week; a soloist or the choir singing it the second
    d) Using it as underscoring for other parts of the worship service such as Joys and Concerns
    e) Using it in a different place in the service each time it is heard
4) Allowing people to make positive associations with it before they hear it - "We love singing … by …. , and here is another one by the same composer."
5) Having time in the service to learn by rote on some occasions - a line is sung and then echoed by the congregation. This may only need to be done for the first verse, but it can be incredibly useful if the hymn does not score '5' for being very easy. If your congregation likes to have services that are a specific length, the person putting worship together needs to allow extra time for this to take place.

Hymns

Hymn Permissions Key

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Hymns where the permissions column is highlighted in GREEN typically do NOT require additional copyright for the average UU congregation.		
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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.	

Hymn 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**

Hymn Recommendations

#	Title	Style Notes	Singability		Permissions
4	I Brought My Spirit to the Sea	Flowing, Transcendental	4	H/SL	Permissions Granted
15	The Lone, Wild Bird	Simple, Melodic, Shape Note	5	H/SL	Public Domain
18	What Wondrous Love	Haunting, Shape Note	5	H/SL	Music: Public Domain Lyrics: UUA Permissions Granted Alt Harmony: One License
53	I Walk the Unfrequented Road	Traditional, flowing	4	H/SL	Public Domain
83	Winds Be Still	Meditative, Soaring, Traditional	4	H/SL	UUA Permissions Granted
99	Nobody Knows the Trouble I've Seen	Spiritual, Lament	5	SL	Public Domain
309	Earth Is Our Homeland	Traditional, lyrical,	4	H/SL	adaptation: Fred Bock Music Co., Inc., One License
347	Gather the Spirit	Contemporary, Rocking, Uplifting	3	SL	Offering requested: donate via Jim Scott's Website
352	Find a Stillness	Prayerful, Haunting, Meditative	4	H/SL	UUA Permissions Granted
1002	Comfort Me	Meditative, Comforting	4	SL	Permissions Granted
1017	Building a New Way	Driving, Uplifting	3	SL	Permissions Granted. Must credit Martha Sandefer if posted.
1023	Building Bridges	Simple, Resilient, In the Round	4	SL	Public Domain
1031	Filled with Loving Kindness	Slow, Simple, Meditative	4	H/R/ SL	Permissions granted

Hymns in Context - Stories Behind the Songs

"Sing Out Love" contains fantastic information about the hymns and their composers, enabling worship leaders to find ways of linking the lyrics to the worship topic. I hope the information below, based on the other two hymnals I have offered suggestions for this month from, will be helpful for some. You are welcome to paraphrase the information below, read it word-for-word, or share the thoughts in a newsletter. If you are not familiar with providing context for hymns, and would welcome seeing a training being offered on this topic (or anything else) please get in touch. soulmattersmusic@gmail.com

#99 Nobody Knows the Trouble I've Seen

This African American spiritual is thought to have originated from a time during Reconstruction - a time of uncertainty for freed slaves. A song of hope, the arrival of love in verse 3 gives the suggestion that the difficulties are in the past. With Love at the center of our shared values, this hymn helps to remind us of the power of love to be a catalyst for transforming and healing the lives of others - and ourselves.

#309 - Earth Is Our Homeland

The melody for this hymn is borrowed from the fourth and final movement of Brahms' first symphony. Often dubbed Beethoven's 10th, this piece took a long time to be completed from its earliest drafting - over 14 years. Brahms was a perfectionist and the stormy opening movement in C minor needed to be reconciled with the uplifting feel of this theme, which brought many comparisons with Beethoven's Ode to Joy (used for hymns 29, 143 and 327 in Singing the Living Tradition.) For me, the triumphant feel of this melody feels as if Brahms has been healed of the stress and anxieties heard the first movement.

#1002 Comfort Me

Mimi Bornstien-Doble wrote this about "Comfort Me":

> *It was written on a day when I wasn't doing my life very well or very gracefully. My partner and I were being quite snarly with each other; I didn't want to be around people and was generally feeling intolerant. I was in no mood to be nice, loving, or anything of the sort. We were visiting friends who lived on a mountaintop in Northern California. The house had no power or running water, but, luckily for me, I did have a baby grand piano in fairly good tune. (It was glossy white, no less. I kept expecting Liberace to walk in). Music has always had the ability to take me out of myself (or more into myself as the case may be). It was in this spirit that I went to the piano that day. I sat there for a while and just let my fingers wander around the keys. After a while, a chord progression presented itself. As I began to feel better, I decided to ask for guidance in how to get out of the terrible mood I had succumbed to. And then came the words. They were a combination of a prayer and a plea. As I began to believe the words that I was singing, I was able to lighten up and find compassion for myself, then my partner, then the others we were with. I continued to sing the song to myself until I felt ready to carry that gentle, compassionate energy with me.*

Sing Out Love!

All hymns in the UUA virtual hymnal *Sing Out Love* may be performed in worship and streamed so long as you have an active subscription to *Sing Out Love*. Please check the permissions tab (at the top right of the page) to view more information on permissions to alter the hymn for your purposes.

Title	Composer	Style Notes	Singability	
Be Still and Breathe	Loretta K. Notareschi	Meditative, repetitive,	4	H/ SL / R
Carry Me	David Burrows	Relaxing, lyrical, haunting	4	H/ SL
Joy in the Morning	Adam Podd	Gospel, lilting, uplifting	5	H/SL
Loosen	Aly Halpert	Lilting, swing, round	4	H/ SL
There Is a Love (Parker)	Rebecca Ann Parker	Ostinato, round, meditative	5	H/ SL / R

Choral/Vocal Suggestions

Title	Composer	Voicing	Style Notes
All Will Be Well (Sing Out Love)	Meg Barnhouse	Lead vocals, backing vocals, chord symbols	Folk, lilting, minor key
Come with Me (Sing Out Love	Penny Blake	2-part and piano	Unison, call and response, lyrical
Balm in Gilead	Peter Amidon	SATB	Lyrical, homophonic
Gaelic Blessing	John Rutter	SATB and organ	Lyrical, relaxing
Rainbow connection	Pau; Williams and Kenneth L. Ascher	2-part and piano	Whistful, lyrical
Three Songs of Healing	Hans Bridger Heruth	SSAATTBB	Lush dissonant harmonies, expressive
Youth choir suggestion: Count On Me	Bruno Mars	Various arrangements available	Uplifting, lilting

Instrumental Suggestions

Title	Composer	Instrumentation	Keywords
Bridge Over Troubled Water	Paul Simon	Various arrangements available	Emotive
In the Mists (movement 1)	Janáček	Piano	Expressive, ethereal
Serenity of the Heart	Martha Mier	Piano	Dream-like, uplifting
Sweet Dreams from Album for the Young, Op.39, No 21	Tchaikovsky	Piano	Slow waltz, lyrical, soaring melody
4'33" (any, or all movements)	John Cage	Various	Exploratory

Contemporary Music Suggestions

If you are streaming your services/are hybrid, please note that all copyright permissions are your responsibility to obtain.

- "Take Me Home, Country Roads" by John Denver
- "Survivor" by Destiny's Child
- "You Walk With Me" from the musical 'The Full Monty'
- "My Own Hero" by Andy Grammer
- "Bountiful" by Peter Mayer
- "Unknown Blessings" by Paula Shmayda
- "When the World is Sick"

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

Soul Matters Music Playlists!

Don't Forget About the Monthly Themed Playlists We Create for Our Small Group Packets!
For our small group packets, we put together a contemporary music playlist for each monthly theme. While these playlists are designed as personal musical meditations on the themes, some of the songs on these playlists could be used in worship, especially if you have a house band. You can explore these playlists on our website, by clicking HERE.

- Click here for the **Spotify playlist** on Healing
- Click here for the **YouTube playlist** on Healing

Music for Online Worship from UUA

*All Unitarian Universalist congregations and worship leaders are asked to review the UUA's **WorshipWeb guidelines (PDF)** , developed in collaboration with the Association for UU Music Ministries (AUUMM). These new guidelines apply **to all videos on this page,** except for the videos below identified as commissioned. These videos may be used in online and recorded worship services by Unitarian Universalist congregations.*
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.

- "Spirit of Life" (GoogleDrive) (**#123** in *Singing the Living Tradition*; music and words by Carolyn McDade, harmony by Grace Lewis-McLaren.) Choral arrangement by Nylea L. Butler-Moore. Video by the UU Virtual Singers of the Unitarian Church of Los Alamos, NM; Nylea Butler-Moore, Music Director; Rick Bolton, AV Engineer. If you use this video, please email Nylea at nyleab@uulosalamos.org. **Pay-what-you-can to the Unitarian Church of Los Alamos.**
- "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.**
- "Meditation on Breathing (Vimeo)" (words & music by Sarah Dan Jones; **#1009** in *Singing the Journey*). Performed by Mary Pratt and Rev. Jim Magaw, UU Church of the South Hills, Pittsburgh PA. **Pay-what-you-can; choose "non-pledge collections" and leave a note in the comments section.**

Music Resources from the Soul Matters Community

This section is dedicated to showcasing the work of musicians within our community who have created resources based on Soul Matters themes.

If you'd like to submit your resource, email soulmattersmusic@gmail.com

Songs From Lea Morris

Longtime friend of Soul Matters, Lea Morris, will be generously suggesting her music that goes with upcoming themes. Below are her suggestions for November's theme of Healing, along with the purchase information for each song.

- **It Is Well**
  https://www.thisislea.com/shop/p/itiswell
- **All Will Be Well**
  https://www.thisislea.com/shop/p/allwillbewell
  https://www.youtube.com/watch?v=NReWM8kz9Dg
- **Good Enough (My Hands Are)**
  https://www.youtube.com/watch?v=YyaidTfyxgI
  https://www.thisislea.com/shop/p/goodenough

More Soul Matters Music Leader Support & Inspiration

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.

Quarterly Music Packets ***NEW!***

To help those of you who do advanced music planning, we create Quarterly Music Packets. Each Quarterly Music packet contains 2-3 months of music suggestions, allowing you to plan farther in advance than our 7-week out worship packets do. As they are completed, they are posted to your online archive labeled as *2026-27 Quarterly Music Packets.* You can also access them by clicking here.

Here's the schedule for when each of the quarterly packets will be posted to your archive:

- The fall music packet covering music for September - November was posted on Aug. 1.
- The winter packet will cover music for December - February, and will be available by Oct. 1.
- The early spring packet will cover music for March - April and will be available by the end of November.
- The late spring packet will cover music for May - June and will be available by the end of January.

Got Music Ideas? Send Them Our Way!

Whenever you have music recommendations, you can submit them to Emma at soulmattersmusic@gmail.com. We love suggestions. They enrich the work of all of us!

Stories For All Ages

The below wisdom tale and story book recommendations come from our November 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)

- Kisa Gotami and the Mustard Seed
- The Memory Tree
- Zhuangzi's Wife: Drumming and Singing
- The Return of Rama to Ayodhya
- The Farmer and the Well
- The Parable of the Good Samaritan
- Sunita the Sweeper
- The Three Sisters
- Iktomi and the Ducks

Story Books (from the lower elementary packet)

- The Garden of Memories by Tremayne Mitchell
- The Memory Box: A Book About Grief by Joanna Rowland
- Have You Filled a Bucket Today? by Carol McCloud
- Garland Of Lights: A Diwali Story by Chitra Soundar
- Binny's Diwali by Thrity Umrigar
- The Juice Box Bully by Bob Sornson
- The Invisible Boy by Trudy Ludwig
- Gratitude Soup by Olivia Rosewood
- Bear Says Thanks by Karma Wilson
- Gracias/Thanks by Pat Mora

Extras

- **Parable - The Little Boy Who Put the World back Together**
  https://jareddees.com/rebuilding-world-parable/
- **Story - The Three Sabbaths, William White**
  https://pccweb.ca/empc/files/2021/06/Looking-out-for-another.pdf
- **Story Book - The Wing by Ray Buckley**
  https://www.youtube.com/watch?v=MeQ8YoFOJmE

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 Healing Grief

(Can be used in "memory services" that happen in many UU congregations at the beginning of November)

Video Clip - On Healing Grief with Gratitude, Anderson Cooper and Stephen Colbert
https://www.instagram.com/p/DFs03uxOCsC/

Quote - Francis Weller
The work of the mature person is to carry grief in one hand and gratitude in the other and to be stretched large by them both.

Book - The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief, Francis Weller
Review: https://shambhalatimes.org/2021/09/03/the-wild-edge-of-sorrow/
Interview with the author: https://www.thesunmagazine.org/articles/27277-the-geography-of-sorrow

Interview - Creating A Companionship with Grief, Francis Weller
https://www.youtube.com/watch?v=BRWPA8oPyGs&t=478s

Quote - Hillary L. McBride
If I could sum up all my years of clinical training and research in one statement, it would be this: We heal when we can be with what we feel.

Quote - Martin Pretchel
Grief is praise of those we have lost… To not grieve is a violence to the Divine and our own hearts and especially to the dead. If we do not grieve what we miss, we are not praising what we love. We are not praising the life we have been given in order to love.

Quote/Reading - Nick Cave, from a letter to young mother and wife during the loss of her husband to cancer

There is little I can say to soften this. In this respect we are all helpless. You are so young and what is happening to the two of you is, by any measure, an affront. It is, as you say, unjust. With that in mind, Emma, I want to say that, for me, these feelings of injustice did change over time. What once felt like a question of fairness gave way to the recognition that these feelings are universal, that each of us, sooner or later, will stand at the edge of the abyss and stare into it. The shocking realization was that the abyss I was staring into was love itself, and that the condition of that love was loss, with loss the way of things. I have found that the longer I live within this common loss, the less alone I become and the greater my love for the world grows.

Book Excerpt - Grief is Healing in Motion, Toko-pa Turner
https://toko-pa.com/2019/07/24/grief-is-healing-in-motion/

Grief is the response to a broken bond of belonging. Whether through the loss of a loved one, a way of life, or a cherished community, grief is the reaction to being torn from what you love…[Additionally,] grief plays an essential role in our coming undone from previous attachments. It is the necessary current we need to carry us into our next becoming… Grief is the expression of healing in motion…Have you ever noticed how beautiful a person is after they've wept? It's as if they are made new again by the baptism of tears. Indeed, when something stuck can be released through grief, we are freeing up a greater capacity to love.

Poem – Adrift, Mark Nepo *** must read!*
https://grateful.org/resource/adrift/

Short Reflection - Heartbreak, David Whyte
Full piece found at https://davidwhyte.substack.com/p/heartbreak-7fa

"Heartbreak is unpreventable: the natural outcome of caring for people and things over which we have no control… Heartbreak is not a visitation, but a path that human beings follow through even the most average life… Heartbreak is the beautifully helpless side of love… Heartbreak is how we mature. Yet we use the word 'heartbreak' as if it only occurs when things have gone wrong: an unrequited love, a shattered dream, a child lost before their time… If heartbreak is inevitable and inescapable, it might be asking us to look for it and make friends with it… It is an introduction to what we love and have loved.."

Quote – Jack Ridl
Grief is an ambush. You're walking along feeling fine, look down, see a leaf, and begin to weep.

Quote - C.S. Lewis
No one ever told me that grief felt so like fear.

Poem - What She Taught Me About How to Meet Those Who Grieve, Rosemerry Wahtola Trommer
Full poem at https://emergingform.substack.com/i/147942593/what-she-taught-me-about-how-to-meet-those-who-grieve

Poem - Watching My Friend Pretend Her Heart Isn't Breaking, Rosemerry Wahtola Trommer
https://www.youtube.com/watch?v=vj_KeRBCmSg & https://grateful.org/resource/watching-my-friend/

Short Video – On Reimagining Grief through the Lens of Motherhood, Rosemerry Wahtola Trommer
https://www.instagram.com/reels/DIgjBLmu4l9/

Short Video - How to Say Goodbye to a Loved One
https://www.youtube.com/shorts/i9NWR9zdk78
I love you. Thank You. I forgive you. Please forgive me.

Poem – Tornado *(for Andrea),* Megan Falley
Full poem at https://substack.com/@andreagibson/note/c-237288233

I admit, you drove me crazy. The careless way you'd salt a tomato,
no napkin or plate beneath it… trusting someone else would sweep it…
how immaculate the house is now…
Come back, fix this… Why did I care that we were walking on salt?...

On the Healing Power of Rest, Sabbath, and Putting it All Down

Book - The Sabbath: Its Meaning for Modern Man, Abraham Joshua Heschel
Related reflection: https://www.pilotingfaith.org/p/when-the-night-does-not-cool

Quote - Sophia Bray
In English we say, 'I'm tired.' But in poetry we say I've been holding up entire skies with hands that were only ever meant to hold flowers.

Quote/Reading - Shellen Lubin
Rest: as beautiful and necessary a task as any. How else can we remember to breathe? To think? To shut out the world? To not think? To regain the strength to take on the world? To take in the world with all our senses? To dream?

Quote - Anne Lamott
Almost everything will work again if you unplug it for a few minutes, including you.

Meditation - Slower and Slower, Rev. Mark Belletini
Full piece found in Sonata for Voice and Silence, pg. 12

Story - The Three Sabbaths, William White
On the sabbath as a practice of faith, i.e. trusting life and challenging the idea that it is all up to us alone
https://pccweb.ca/empc/files/2021/06/Looking-out-for-another.pdf

Poem/Reading/Meditation - Stumbling. Rev. Tess Baumberger *
Permission Secured by Soul Matters

True, you may have stumbled.
Perhaps you even fell
and now lie dazed,
bruised, injured.

This does not mean
you are unworthy of the path.

Consider it was night,
or you moved too quickly,
were looking at the trees
or became lost along the way.

This does not mean
you'll never clearly see your way.

Maybe it is simply time
to stop, to rest,
to lie on the nourishing earth,
too be renewed.

So when the time comes
you may journey well again.

Book - Rest Is Resistance: A Manifesto, Tricia Hersey
Related article: https://www.nytimes.com/2022/10/13/well/live/nap-ministry-bishop-tricia-hersey.html

Book - Wintering: The Power of Rest and Retreat in Difficult Times, Katherine May
Review: https://www.nytimes.com/2020/12/22/books/review-wintering-katherine-may.html
Short reflection on the book: https://austinkleon.com/2021/05/04/wintering-and-dormancy/

Short Reflection – What I've learned about rest, Katherine May
https://katherinemay.substack.com/p/what-ive-learned-about-rest-from
We tend to see rest as a luxury, something that we might be allowed in the good times, *if* we've worked hard enough. But to me, it's a serious issue: a matter of restoring our health, protecting our psyche, nurturing the compassion and connection that is essential for our survival. In moments like this - when our care is pulled in a hundred different directions at once - it is vital that we learn to protect our energies.

Podcast - How to rest when life is overwhelming (w/ Katherine May)
https://podcasts.apple.com/us/podcast/how-to-rest-when-life-is-overwhelming-w-katherine-may/id1544098624?i=1000723383036

Quote - Katherine May
Plants and animals don't fight the winter; they don't pretend it's not happening and attempt to carry on living the same lives that they lived in the summer. They prepare. They adapt. They perform extraordinary acts of metamorphosis to get them through. Winter is a time of withdrawing from the world, maximizing scant resources, carrying out acts of brutal efficiency and vanishing from sight; but that's where the transformation occurs. Winter is not the death of the life cycle, but its crucible.

Quote - Katherine May
If we don't allow ourselves the fundamental honesty of our own sadness, then we miss an important cue to adapt. We seem to be living in an age when we're bombarded with entreaties to be happy, but we're suffering from an avalanche of depression. We're urged to stop sweating the small stuff, yet we're chronically anxious. I often wonder if these are just normal feelings that become monstrous when they're denied.

Quote - Katherine May
Here is another truth about wintering: you'll find wisdom in your winter, and once it's over, it's your responsibility to pass it on. And in return, it's our responsibility to listen to those who have wintered before us. It's an exchange of gifts in which nobody loses out. This may involve the breaking of a lifelong habit, one passed down carefully through generations: that of looking at other people's misfortunes and feeling certain that they brought them upon themselves in a way that you never would. This isn't just an unkind attitude. It does us harm

Quote - Katherine May
We have seasons when we flourish and seasons when the leaves fall from us, revealing our bare bones. Given time, they grow again.

On the Healing Power of Going Slow

Quote - Rev. Darcey Laine
The miracle of healing can't be rushed, because as we are healing, we are re-forming, like a broken bone knitting back together. We have undoubtedly experienced a sort of battlefield healing, where there is not the safety, or the time, or the compassion to stay open, and so we become smaller and more heavily defended after a break, bound up by the scar tissue that saved our lives. Let us shine compassion on these tight places, and strive to create a world where everyone has the safety, the time and compassion they need for their healing.

Quote - Bayo Akomolafe
The times are urgent; let us slow down.

Reflection - The Times are Urgent; Slow Down, Bayo Akomolafe
https://www.youtube.com/watch?v=bBVAYzBteIo

Essay - A Slower Urgency, Bayo Akomolafe
https://www.bayoakomolafe.net/post/a-slower-urgency
Everywhere I was invited to speak, I offered an invitation to 'slow down', which seems like the wrong thing to do when there's fire on the mountain. But here's the point: in 'hurrying up' all the time, we often lose sight of the abundance of resources that might help us meet today's most challenging crises. We rush through into the same patterns we are used to… [For instance,] the modern figuration of crisis has enrolled reactionary platforms, where the urgency of a situation is the sole argument for sidestepping complexity and 'doing something' now…in the meantime; we are experiencing sadness, we have to 'get over it' quick…

Quote - adrienne maree brown
I find that I meet activists on a regular basis who tell me, I'm so tired. I think that sometimes we're working so much because we know that if we slow down, then we'll have to look at how heartbroken we are about the conditions that we're in.

Quote - Anne Lamott (Her entire reflection is worth reading too)
My friend Mark Yaconelli gave a spiritual retreat to fifty on rising up, on renewal and second winds in these catastrophic times. One woman, who worked with children who had AIDS, came from Africa to hear his spiritual teachings. Mark talked all morning about filling back up, about energy reserves that are released by curiosity and (paradoxically) service. Then he handed each participant a cheap Mexican blanket, and had them lie down for a nap, like in kindergarten. The woman from Africa was furious with him for wasting her time. She had flown 10,000 miles to study with him. He tried to soothe her, but she stalked to the back of the room with her blanket. Everyone stretched out or curled up, closed their eyes, spaced out, and rested. The woman came over after the nap, and told Mark, "I slept. I dreamed. I'm beyond exhausted. I hadn't even known that."

Blog Post - how does crying work? adrienne maree brown
http://adriennemareebrown.net/2017/05/25/how-does-crying-work/
"i've been trying to rush through my amazing life...leaving no time for big messy, beautiful storms, for my rage, my overwhelm, my celebration. tears are another way the body takes time. slows things down…"

Quote - adrienne maree brown
We move at the speed of trust. We move at the speed of love.
That is to say, we move at the speed of our authentic connections.

On the Small Things that Mend Our Souls

Poem – Mending, Nancy Shaffer *
Found in Instructions in Joy, Skinner House publication
Also online here and at https://www.instagram.com/p/DXbuVFhCFNa/
Permission Source

How shall we mend you, sweet Soul?
With these, I think, gently
we can begin: we will mend you with a rocking
chair, some raisins,
a cat, a field of lavender beginning
now to bloom...

Quote/Blog Post - Suleika Jaouad
For the last few months, small joys have been my sustenance. Often these small moments fade from view with the passage of time. What makes it into our memory banks are the bigger things—either the zeniths or the nadirs—but what we end up longing for and leaning on in hard times are the little quotidian comforts and delights; they lift and carry us from day to day. Noting these joys is a muscle I've been consciously trying to exercise: training the eye to see them and training the mind to hold onto them.

Short Video - Small Actions San Heal (Ok, It's from an insurance advertisement, but still…)
https://www.youtube.com/watch?v=uaWA2GbcnJU

Poem/Reading - Chaplain Blessing Joseph, David Breeden *
Permission Secured by Soul Matters

Joseph on suicide watch
Dying of kidney failure
Shaking in his bed
Afraid to go back
To the nursing home
"Don't send me back
To that place"

I lay my hand on his forehead
Pray until he quiets
Come back an hour later
He whispering, shaking
"Do that thing
Do that thing where
You put your hand on my head"

Joseph, out of a gang
In a bed, shaking
Semi-quadriplegic, gnarled
Scars across his chest
Talks in a whisper
Shaking, twenty-four
In bed forever

Giant birds tattooed
On his chest heave under
The weight of bullet holes
"Do that thing
Do that thing where
You put your hand on my head"

On Tikkun Olam and the Call to be Healers of the World

Quote - David Levithan, from Nick & Norah's Infinite Playlist
"…Then it hits me. Maybe we're the pieces… Maybe that's it. With what you were talking about before. [Tikkun olam] The world being broken. Maybe it isn't that we're supposed to find the pieces and put them back together. Maybe we're the pieces… Maybe, what we're supposed to do is come together. That's how we stop the breaking."

Quote - Rachel Naomi Remen on tikkun olam
Found in https://onbeing.org/programs/lawrence-kushner-kabbalah-and-everyday-mysticism/

"Now, according to my grandfather, the whole human race is a response to this accident. We are here because we are born with the capacity to find the hidden light in all events and all people, to lift it up and make it visible once again and thereby to restore the innate wholeness of the world. It's a very important story for our times. And this task is called tikkun olam in Hebrew. It's the restoration of the world.

And this is of course a collective task. It involves all people who have ever been born, all people presently alive, all people yet to be born. We are all healers of the world. And that story opens a sense of possibility. It's not about healing the world by making a huge difference. ***It's about healing the world that touches you***, that's around you..."

Poem - Blessing for a Broken Vessel, Jan Richardson
Full poem found at https://paintedprayerbook.com/2012/03/29/day-32-like-a-broken-vessel/

…I am not asking you to give up your grip
on the shards you clasp so close to you
but to wonder what it would be like
for those jagged edges
to meet each other
in some new pattern
that you have never imagined,
that you have never dared
to dream.

Sermon - To Heal the Wounded World, Rev. Nancy McDonald Ladd
Inspiration only. Not permissioned to be read in online worship.
https://www.youtube.com/watch?v=z946QuDc0fQ&feature=emb_logo
"You cannot save a world you don't love
You cannot reach a person who's worth and dignity you do not see…"

Quote - Terry Tempest Williams, from Finding Beauty in a Broken World
Shards of glass can cut and wound or magnify a vision. Mosaic celebrates brokenness and the beauty of being brought together.
NPR review of her book: https://www.npr.org/templates/story/story.php?storyId=97350121

Reflection - From Broken Parts, Whole, Karen G. Johnston
Full piece found at https://www.uua.org/braverwiser/broken-parts-whole
Respect the fragments and shards, whether they're multi-hued glass or your life's own story. Yes, they offer the occasional sharp cut, but they can offer also beauty and new ways to perceive the world...

Song - When the world is sick
https://soundcloud.com/ifnotnow/when-the-world-is-sick-1
"When the world is sick, can't no one be well, But I dreamt we were all beautiful and strong…"

Poem - An Observation, May Sarton

True gardeners cannot bear a glove
Between the sure touch and the tender root,
Must let their hands grow knotted as they move
With a rough sensitivity about
Under the earth, between the rock and shoot,
Never to bruise or wound the hidden fruit.
And so I watched my mother's hands grow scarred,
She who could heal the wounded plant or friend
With the same vulnerable yet rigorous love;
I minded once to see her beauty gnarled,
But now her truth is given me to live,
As I learn for myself we must be hard
To move among the tender with an open hand,
And to stay sensitive up to the end
Pay with some toughness for a gentle world.

On What to Do When Overwhelmed by All of the Hurt in the World

Quote - Rachel Naomi Remen
Found in https://onbeing.org/programs/lawrence-kushner-kabbalah-and-everyday-mysticism/

"Now, according to my grandfather, the whole human race is a response to this accident. We are here because we are born with the capacity to find the hidden light in all events and all people, to lift it up and make it visible once again and thereby to restore the innate wholeness of the world. It's a very important story for our times. And this task is called tikkun olam in Hebrew. It's the restoration of the world.

And this is of course a collective task. It involves all people who have ever been born, all people presently alive, all people yet to be born. We are all healers of the world. And that story opens a sense of possibility. It's not about healing the world by making a huge difference. ***It's about healing the world that touches you***, that's around you..."

Parable - The Little Boy Who Put the World back Together

On Not Trying to Heal on Our Own

Quote - bell hooks
Rarely, if ever, are any of us healed in isolation. Healing is an act of communion.

Quote - Prentiss Hemphill
Feeling is revolutionary, a disruption of the status quo. Though it feels personal and happens in our bodies, it doesn't need to be a solitary action. Feeling and connection bring us into the world and into relationship with one another. Some things seem too big to be felt alone because they are. They require the collective to hold the space for big feeling, for it to move through, and to remind us that we're not alone. It's not practical to imagine that we can feel the weight of historical trauma as one person. This is why we meet in the streets. As much as mass protests and direct action are about putting strategic pressure on opposition, they are often a gathering space for grief and pain because they are too big to feel alone. Protests don't get reported on this way, as an eruption of collective grief; on the news they are riots, and we begin the cycle of minimizing the feelings that bring people to the streets, and ultimately miss the message. We need those spaces and others, too, where our grief can swell, where feeling for feeling's sake can reconstitute us, where our empathy for one another can build. A community, a society, becomes one, remains one, I think, through shared feeling.

Book - What It Takes to Heal, Prentiss Hemphill
Interview with author: https://www.youtube.com/watch?v=pmgrqm21u7s

Blog - Sing my song back to me
https://notyetanomad.wordpress.com/2013/03/10/sing-my-song-back-to-me/
This legend, or myth as you might prefer to think of it, says that at certain special, probably pivotal times in your life – your tribe, your family, your community, will sing to you – to remind you of who you are, at the core of yourself…

Story - The Three Sabbaths, William White
On the sabbath as a practice of trusting life and challenging the idea that it is all up to us alone.
https://pccweb.ca/empc/files/2021/06/Looking-out-for-another.pdf

Article/Reading - Train Yourself to Always Show Up, Sharon Brous
https://www.nytimes.com/2024/01/19/opinion/religion-ancient-text-judaism.html

Several times each year, hundreds of thousands of Jews would ascend to Jerusalem, the center of Jewish religious and political life. They would climb the steps of the Temple Mount and enter its enormous plaza, turning to the right en masse, circling counterclockwise.

Meanwhile, the brokenhearted, the mourners (and here I would also include the lonely and the sick), would make this same ritual walk but they would turn to the left and circle in the opposite direction: every step against the current.

And each person who encountered someone in pain would look into that person's eyes and inquire: "What happened to you? Why does your heart ache?" [Those walking from the left would answer.] And then those who walked from the right would offer a blessing…

This timeless wisdom speaks to what it means to be human in a world of pain. This year, you walk the path of the anguished. Perhaps next year, it will be me. I hold your broken heart knowing that one day you will hold mine…

Book - The Amen Effect: Ancient Wisdom to Mend Our Broken Hearts and World, Sharon Brous
Related (and must watch) interview with the author: https://www.youtube.com/watch?v=uJQp10MJTFg

Children's book - The Rabbit Listened by Cori Doerrfeld
https://www.youtube.com/watch?v=rBjAWkog9n0

On Cure verses Healing

Quote - Fred Recklau

Cure may occur without healing; healing may occur without cure.
Cure alters what is; healing offers what might be.
Cure is an act; healing is a process.
Cure seeks to change reality; healing embraces reality.
Cure takes charge; healing takes time.
Cure avoids grief; healing assumes grief.
Cure speaks; healing listens.

Essay - The Difference Between Curing And Healing, Courtney Martin
https://courtney.substack.com/p/the-difference-between-curing-and

"My dad's dementia is the most obvious case in point. It is incurable, of course. But is it in-healable? I don't actually think so… I have found healing through inhabiting new stories while honoring old… It also heals us—me and my dad—to acknowledge how much is unknowable…
Curing is so often whitewashing, redacting, pretending, repressing, perfecting, purity, delusion. It requires you to pretend to know exactly what should happen, to remove, to run away, to erase.
Healing is wabi sabi, reflective, representative of reality. It is about groping towards what is truly possible, and not always knowing what is truly possible. It is about witness, accepting acknowledging limitations and portals and endings. It is about the freedom that comes from telling the truth…"

Sermon Excerpt - "But I am" Rev. Sarah Gibb Millspaugh
Full piece at https://docs.google.com/document/d/1PYbvJK6eJqileE_V1V-xXvYOIi9NLaPg3wdWvdKWWq8/edit?usp=sharing

"Nancy describes praying during mass after a particularly difficult week. I felt panic-stricken. My multiple sclerosis was getting worse, almost by the day, and my resolve to cope bravely, in a manner befitting my stern Yankee heritage, was weakening even faster than my muscles were. I just wanted to get rid of the damned disease. "God, God, God," I prayed, "please, heal me!" And then, for the first and only time in my life, I got a response. I'd never heard voices, and I didn't hear one now. Three monosyllables simply materialized in my consciousness: "But I am."..."

Sermon – How Shall We Be Healed? Rev. Wayne B. Arnason
https://www.uua.org/worship/words/sermon/183464.shtml

"While it is true that illness affects the whole person, it does not need to dominate the whole person… If we are to answer the question "How shall we be healed?" it is this strength of spirit, intellect, and feeling in our loved ones and in ourselves that we must recognize and to which we must appeal. If we truly believe that health goes deeper than any disease, we can reach deeper and become the agents of healing, even when we have given up hope for a cure… In his meditations about the journeys taken by his patients, Oliver Sacks could be describing the larger meaning of healing in the face of illness for all of us. He writes:

'*Many of (these patients) appear now to have come back full circle, and to be back where they were, in their [most disabled] position; but this, in actuality, is by no means the case. They are no longer the people they were. They have acquired a depth, a fullness, a richness, an awareness of themselves and of the nature of things, of a sort which is rare, and only to be achieved through experience and suffering… They have come to rest once again in the bosom of their causes. They have come to re-feel the grounds of their being, to re-root themselves in the ground of reality, to return to the first ground, the earth ground, the home-ground, from which, in their sickness, they had so long departed.'*…"

On Finding a Way to Heal America

Video Clip - Jake Auchincloss
https://www.facebook.com/reel/1553508732946526

Podcast Interview - Timothy Snyder on Healing America, American Conversations with Heather Cox Richardson
https://heathercoxrichardson.substack.com/p/american-conversations-timothy-snyder

Essay - Mass Trauma and Authoritarian Capture, Scot Nakagawa
https://antiauthoritarianplaybook.substack.com/p/mass-trauma-and-authoritarian-capture

Book - Healing the Heart of Democracy, Parker J. Palmer
https://www.goodreads.com/en/book/show/10836406-healing-the-heart-of-democracy

On the Healing Power of Seeing Indigenous Wounds as a Thing of the Present Not the Past

Book - Our History Is the Future: Standing Rock Versus the Dakota Access Pipeline, and the Long Tradition of Indigenous Resistance, Nick Estes
Estes connects the 2016–2017 movement at Standing Rock to centuries of Indigenous anti-colonial resistance.
Related interview: https://www.youtube.com/watch?v=BGgoXknPl8I&t=3s

Podcast Series - First America
https://www.pushkin.fm/podcasts/first-america
Six-episode history podcast that explores how the founding fathers' treatment of Indigenous nations shaped the U.S. democracy we live within today.
Related interview: https://www.youtube.com/watch?v=K90ynJ7_VyU

Interview - Nick Estes: Indian Boarding Schools Were Part of "Horrific Genocidal Process" by the U.S.
https://www.youtube.com/watch?v=Al8rbuGGRQc
Related short video: https://www.youtube.com/watch?v=iXKZtAiOPQE&t=504s

Video - How the US stole thousands of Native American children
https://www.youtube.com/watch?v=UGqWRyBCHhw

Book - As We Have Always Done: Indigenous Freedom Thru Radical Resistance, Leanne Betasamosake Simpson
Related interview: https://www.youtube.com/watch?v=IiFIgF_OHlM

Book - Theory of Water: Nishnaabe Maps to the Times Ahead, Leanne Betasamosake Simpson
Related podcast: https://www.youtube.com/watch?v=1cwHdblsqSw

Article - Native Americans Are Getting Swept Up by ICE
https://www.notus.org/immigration/native-americans-ice-republicans
For use in seeing ICE mass deportation as today's Trail of Tears.

On the Healing Power of Those Who Live in the "Borderlands"

Short Reflection - Gloria Anzaldua's life and work
https://www.facebook.com/groups/stunningworlds/posts/1385855886650703/
“Her book became revolutionary not because it was easy to read, but because it spoke to people who'd spent their lives being told they were wrong for existing as they were. Too Mexican for America. Too American for Mexico. Too queer for traditional spaces. Too brown for mainstream feminism. Too feminist for conservative communities. Anzaldúa said: You are not broken. The world that refuses to contain you is what's broken…”

Quote - Gloria Anzaldua, from La Conciencia de la Mestiza: Towards a New Consciousness
As a Mestiza, I have no country, my homeland cast me out; yet all countries are mine because I am every woman’s sister or potential lover. As a lesbian I have no race, my own people disclaim me; but I am all races because there is the queer of me in all races. I am cultureless because, as a feminist, I challenge the collective cultural/ religious male-derived beliefs of Indo-Hispanics and Anglos; yet I am cultured because I am participating in the creation of yet another culture, a new story to explain the world and our participation in it, a new value system with images and symbols that connect us to each other and the planet… I am an act of kneading, of uniting and joining that not only has produced both a creature of darkness and a creature of light, but also a creature that questions the definitions of light and dark and gives them new meanings… In our very flesh, (r)evolution works out the clash of cultures. It makes us crazy constantly, but if the center holds, we’ve made some kind of evolutionary step forward… Our role is to link people with each other.

Sermon - Borderlands: Gloria Anzaldú, Rev. Colin Bossen
https://colinbossen.com/borderlands-gloria-anzaldua/

Poem - To Live in the Borderlands by Gloria Anzaldua
https://www.youtube.com/watch?v=bSXh8-a8H4M

Quote - Gloria Anzaldua
We need you to own the fact that you looked upon us as less than human, that you stole our lands, our personhood, our self-respect. We need you to make public restitution: to say that, to compensate for your own sense of defectiveness, you strive for power over us, you erase our history and our experience because it makes you feel guilty — you’d rather forget…Admit that Mexico is your double, that she exists in the shadow of this country, that we are irrevocably tied to her,”

Wendell Berry’s Wisdom on Healing

Quote - From Berry’s poem, *Healing*
The task of healing is to respect oneself as a creature, no more and no less.

Quote - Ragan Sutterfield
"Among the proper lessons of culture is that we remind ourselves of our limits, of our need for community, of our ignorance and the tragic realities of living in such ignorance – lessons, in other words, that help us remember that we are creatures. It is through such recollection, being gathered back to ourselves from the diffuse ambitions that draw us away from our roots, that we are able to begin to heal the damage done to the world and ourselves. 'The task of healing,' writes Berry, 'is to respect oneself as a creature, no more and no less.'... There is a restfulness in this acceptance of our limited lives. When we move low, back toward the soil from which we can learn the lessons of our true humanity, we are able to enter a kind of peace.”

Quote - from *The Unsettling at America*
To be healthy is to be whole and to be holy. It is to acknowledge the great goodness that our bodies are linked to the bodies of other people, to the bodies of plants and animals, indeed to the earth, the sun and moon, and the other heavenly bodies. It is to receive the awareness, at once humbling and exhilarating, that we are a part of Creation, one with all that we live from and all that, in turn, lives from us.

Quote - From *How to Be a Poet*
Stay away from anything that obscures the place it is in.
There are no unsacred places; there are only sacred places
and desecrated places.

Quote - From *Why I Am Not Going to Buy a Computer*
If we are ever again going to have a world fit and pleasant for little children, we are surely going to have to draw the line where it is not easily drawn. We are going to have to learn to give up things that we have learned (in only a few years, after all) to 'need'.

Quote - From *The Art of the Commonplace: The Agrarian Essays*
Only by restoring the broken connections can we be healed. Connection is health. And what our society does its best to disguise from us is how ordinary, how commonly attainable, health is. We lose our health—and create profitable diseases and dependences—by failing to see the direct connections between living and eating, eating and working, working and loving.

Quote - from *The Unsettling at America*
Perhaps the fundamental damage of the specialist system— the damage from which all other damages issue—has been the isolation of the body. At some point we began to assume that the life of the body would be the business of grocers and medical doctors, who need take no interest in the spirit, whereas the life of the spirit would be the business of churches, which would have at best only a negative interest in the body. In the same way we began to see nothing wrong with putting the body— most often somebody else's body, but frequently our own—to a task that insulted the mind and demeaned the spirit. And we began to find it easier than ever to prefer our own bodies to the bodies of other creatures and to abuse, exploit, and otherwise hold in contempt those other bodies for the greater good or comfort of our own…

Quote - John Cuddeback
In view of Berry's line of reasoning,... some form of life-giving, body-utilizing, soul-enhancing, and person-connecting work is the path to renewal. And it will be a joyful even if hard-won path. It need not be agricultural. But such work is a kind of archetype, and so is well worth careful consideration. Commenting on the Odyssey, so foundational in Western civilization, Berry recounts the amazing scene where Odysseus is finally reunited with his father. The old king, having scant hope of ever seeing his son again, had turned to the life of a peasant. What an image we are given: When his son finds him, the old man is caring for a young tree. Berry notes, "In a time of disorder he has returned to the care of the earth, the foundation of life and hope."

Quote - Wendell Berry from *The Hidden Wound*
As Thoreau so well knew, and so painstakingly tried to show us, what a man most needs is not a knowledge of how to get more, but a knowledge of the most he can do without, and of how to get along without it. The essential cultural discrimination is not between having and not having or haves and have-nots, but between the superfluous and the indispensable. Wisdom, it seems to me, is always poised upon the knowledge of minimums; it might be thought to be the art of minimums.

Poem - The Peace of Wild Things, Wendell Berry

When despair for the world grows in me…
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds…
I rest in the grace of the world, and am free.

Quote - From What Are People For?

And having returned from the woods, we remember with regret its restfulness. For all creatures there are in place, hence at rest. In their most strenuous striving, sleeping and waking, dead and living, they are at rest. In the circle of the human we are weary with striving, and are without rest.

Quote - Rev. Cameron Trimble

His prophetic voice was sometimes fierce because he saw what exploitation leads to. "Exploitation leads, with perfect logic, to exhaustion," he said. We know that exhaustion now. We see it in soil worn out by industrial farming, in warming oceans, and in mountains stripped bare. We see it in tired workers and parents, in communities that have lost their strength, and in lives focused on consuming but never feeling satisfied.

Berry didn't give us a big plan to fix everything. His answers were always local. Grow something. Get to know your neighbors. Care for a place. Protect the soil. Make things with care. Accept limits. Do work that doesn't harm the things life depends on.

Poem - The Want of Peace, Wendell Berry

Full poem at https://www.ayearofbeinghere.com/2015/09/wendell-berry-want-of-peace.html

All goes back to the earth,
and so I do not desire
pride of excess or power,
but the contentments made
by men who have had little…
We sell the world to buy fire,
our way lighted by burning men,
and that has bent my mind
and made me think of darkness
and wish for the dumb life of roots.

On Healing Found in UU Theology & History

Each month we provide concise connections between the monthly theme and our UU history and theology put together by the Soul Matters Team. You can find this month's material on Healing at:
https://docs.google.com/document/d/1c33MEp2bY90whbZJiDyyMXzm9M9twuckmCX_QXvt720/edit?usp=sharing

Additional Worship Resources in Our Specialty Worship Packets

To support your efforts to honor Transgender Day of Remembrance and Veterans Day, don't forget we have two specialty worship packets devoted to LGBTQ+ events and Military Observances. Find both of these specialty resources on our Special Worship Packets page on our website:
https://www.soulmatterssharingcircle.com/topics---packets.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.

Breaking Open
Rev. Darcey Laine
https://docs.google.com/document/d/1RIZ5xto4gbns9HCnBXONuFE-g2aoxyqK/edit?usp=sharing&ouid=101245613595157190644&rtpof=true&sd=true

"We are broken not because we are bad or wrong or inadequate, but because humans are breakable. This is important - and a theological point: that the parts of us that feel broken are not left out of what is sacred. Our broken parts have inherent worth and dignity. Our broken parts are holy too…"

Healing From a Place of Brokenness
Rev. Andrew L. Weber
https://docs.google.com/document/d/1m7cEOKf2kZAozeja72ZFGvtN9wq6Fy6Tv403604UEWM/edit?usp=sharing

"We need to be aware of our own cracks and brokenness and be able to have them be places where healing can happen… Only when I recognize my own failings can I begin to let in friends, family, a therapist, doctor, beloved community... to help heal… Even more important than the fact that light can get in through our cracks is that light can get out. Our light, our humanity, our holiness... shines out through our brokenness, through our imperfections and through our cracks…"

Note: Rev. Weber is available to offer this sermon by Zooming into your service as a guest preacher for a fee. If you are interested, you can contact Rev. Anderson at minister@tpuuf.org

Tikkun Olam – To Repair the World
Rev. Matt Alspaugh
https://uuyo.org/sermon-oct-23-2016-tikkun-olam-repair-world/
I love the myth of "The Shattering of the Vessels" because it speaks truth on many levels…It is through healing ourselves that we come to be aware of these sparks of light, and bring them into view. It is through our efforts to heal the world that we gather up these sparks, and bring them together.

Do You Want to Be Made Well?
Rev. Tess Baumberger
https://drive.google.com/file/d/1pM50hbpBvVJpHmAbzmdcKE-Q3s7S-dV0/view?usp=sharing

"You may not offer to heal others because of who they are, Homer Henderson says, but because of who we are, or perhaps because of who we become by acting in this way. So in addition to the question "Do you want to be healed?" This story also poses the question, "Do you want to be a healer?" And if you do, this story suggests, you heal because of who you are, not because of who they are. That's pretty powerful, isn't it?..."

Healing Your Religious Past
Rev. Douglas Taylor
https://douglastaylor.org/2018/09/24/healing-your-religious-past/

"Often when we have left one religion and find ourselves in another, we are asked to make a full break with all that had been. In Unitarian Universalism, we strive, instead, for integration; to acknowledge the good and the bad, to endure what has been, that we may retain what is still precious… In the end, it is less about why you left behind and all about what you still want to carry…"

Losing, and Finding Your Religion
Rev. Gretchen Haley
https://revgretchenhaley.wordpress.com/2022/07/11/losing-and-finding-your-religion/

The experience of literally losing your religion… Even if it is ultimately liberating and lifegiving, it is almost always also painful, as it involves a loss of community, identity, anchoring rituals and practices – which means it also often involves grief, and anger…
People come to Unitarian Universalist congregations both hoping to heal from this kind of loss, and also clinging to it as a kind of stand-in for the identity and belonging their religion used to give them… Continuing to understand yourself as not-religious, or not a church person provides an incredible armor, a protective device – because to let go of your non-religion is to risk being rejected and lost in all the same ways, all over again.
It's just that, not letting go of your non-religious identity is also a way to make sure the healing never happens...

Great Grief
Rev. Darcey Laine
https://docs.google.com/document/d/1X9BnFkT80jaRGwYEMWE8rD5MBkgePpFj/edit?usp=sharing&ouid=101245613595157190644&rtpof=true&sd=true

"We have an additional cultural taboo to overcome as we grieve the "destruction of the world" – the taboo that only human losses should be grieved… before we will be able to turn and face these crises we are going to have to feel some of those difficult feelings. As individuals and as a culture we need to let our numbness soften, and let our hearts open to the rips and tears in the web of life before we can do what needs to be done to mend them…"

Featured Preacher Bios & Contact Information

- Rev. Darcy Laine: https://www.uucortland.org/about-us/our-minister/
- Rev. Andrew L. Weber: https://tpuuf.org/about-us/our-minister-and-staff/
- Rev. Matt Alspaugh: https://lcuuf.org/about-us/about-lake-chapala-uu-fellowship/our-minister/
- Rev. Tess Baumberger: https://uuessex.org/about-us/our-minister/
- Rev. Douglas Taylor: https://uubinghamton.org/about-uus/uucb-leadership/our-ministry-and-staff/
- Rev. Gretchen Haley: https://foothillsuu.org/ministersandstaff/

Closing & Chalice Extinguishing Words

Prayer for My People *
Rev. Tess Baumberger
Permission Secured by Soul Matters

May you know that while your brokenness
is compelling and is real,
It is only a fragment of your totality.
It does not define you and need not limit you.
May it, and you, find healing in community.

May you know that I see God in you,
and pray that you manifest that divinity
in many ways, small and large -
and that even if you can't right now,
that sanctity remains as resource and as strength.

May you know that you are beautiful.
May you know that you are good.
May you know that you are loved.

Beannacht / Blessing
John O'Donohue
Excerpt from https://www.scottishpoetrylibrary.org.uk/poem/beannacht-blessing/

On the day when the weight deadens on your shoulders and you stumble,
may the clay dance to balance you.

When your eyes freeze behind the grey window
and the ghost of loss gets into you,
may a flock of colors, indigo, red, green and azure blue,
come to awaken in you a meadow of delight.

And when the canvas frays… and a stain of ocean blackens beneath you,
may there come across the waters
a path of yellow moonlight
to bring you safely home.

Vulnerability is a Doorway *
Rev. Scott Tayler
Permission Secured by Soul Matters

As we go, may we remember that we were never meant
to make it through this life alone.
Vulnerability is a doorway, friends.
Those wounded and tender pieces of ourselves
help us return to each other.
What seems wounded or unworthy,
when shared, becomes our strength.
May we go out into the world, scarred and strong.

Offering Anchors of Calm *
Rev. Scott Tayler
Permission Secured by Soul Matters

When the winds on your path begin to swirl,
may you find your breath.
May you remember and return to that still point inside
that is always waiting to welcome you back home.
And from that place of empowering peace,
may you be an anchor of calm
for those who need it as much as you.
Go in peace. Go in love
Amen

The Broken World Awaits *
L.R. Knost
Permission: Quote, so fair use
Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you.

Each of us ministers to a weary world *
Darcy Roake
Full piece pound at https://www.uua.org/worship/words/benediction/each-us-ministers-weary-world
Permission Source

...There is too much pain in this world to not heal, every day
Each of us ministers to a weary world.
Let us go forth now and do that which calls us to make this world
more loving, more compassionate and more filled with the grace of divine presence,
every day.

This is the Time to be Slow
John O'Donohue
Text: https://poemsontheunderground.org/time-to-be-slow
Video: https://www.youtube.com/watch?v=VOi9ifapO7E&t=54s

The love that heals all wounds…*
Frederick E. Gillis
From https://www.uua.org/worship/words/closing/5990.shtml
Permission Source

May the love that overcomes all differences,
that heals all wounds,
that puts to flight all fears,
that reconciles all who are separated,
Be in us and among us
now and always. Amen.

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

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.

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