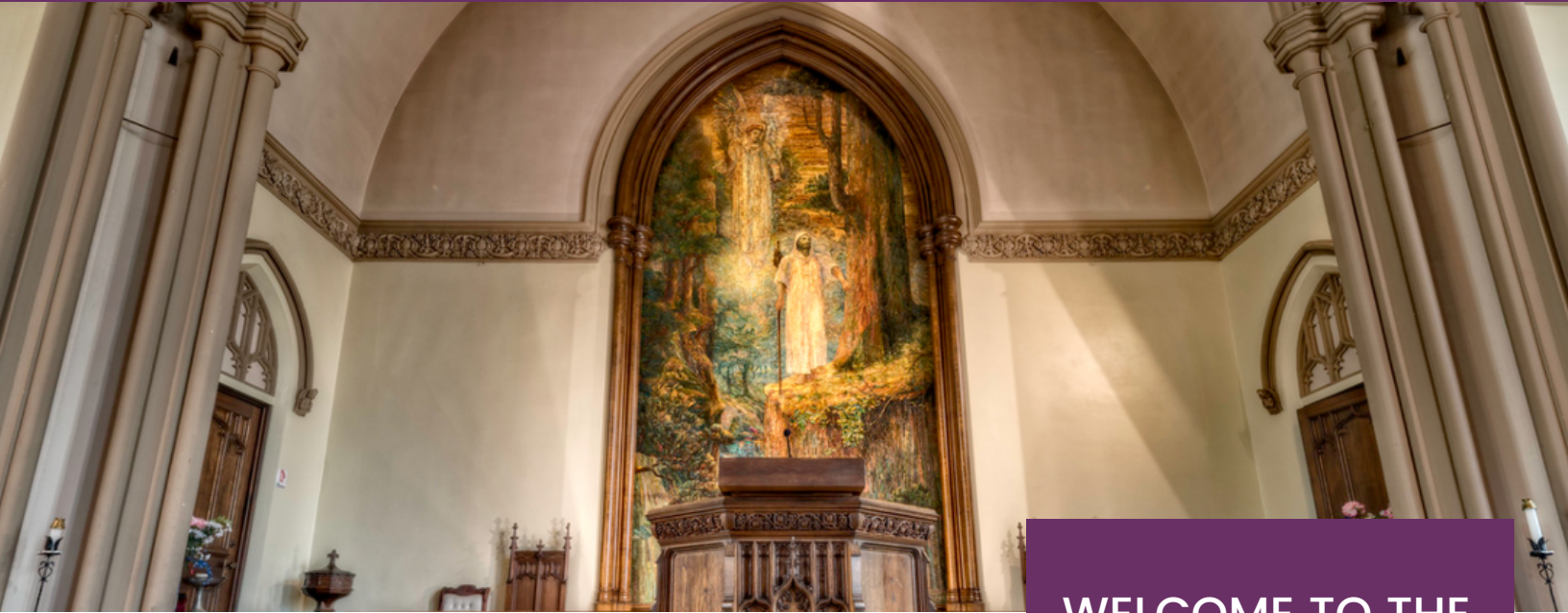


First Unitarian Church in New Bedford

News & Views



WELCOME TO THE GIFT OF TRANSFORMATION

We adapt to the changing world.

We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.

“

Let difficulty transform you. And it will. In my experience, we just need help learning how not to run away.

Pema Chodron

”



FROM THE MINISTER'S STUDIO

REV. KAREN LEBLANC
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CELL FOR EMERGENCIES: (508)441-9344

“Nothing is secure but life, transition, the energizing spirit... People wish to be settled; only as far as they are unsettled is there any hope for them.” -Ralph Waldo Emerson

Winter is almost over. We can start to believe it now as the spring equinox approaches. That gives us hope; knowing that the change is coming, knowing that the transformation from one season to the next will soon be seen and felt. Transformation is, in fact, the Soul Matters theme for this month, and fitting for this tricky time of year where some days are sunny and reaching 60 degrees, and others bring snow, rain, and wind. Amid all the confusing weather, the earth transforms beneath blankets of dead leaves. Snowdrops have already poked their delicate white flowers through the detritus of winter and I've seen the sharp green shoots of emerging daffodils; a promise of what's to come.

This is a time of year that is marked by many of the world's religions. This month the Hindus celebrate Holi, the Muslims begin the holy month of Ramadan, the Jews mark Purim, the Christians commemorate Jesus's death and resurrection at Easter, and the Pagans honor the equinox with Ostara.

MARCH SERVICES

March 3:
Transformation,
Rev. Karen LeBlanc

March 10: Guest, Rev.
Ann Fox

March 17: Online Only
Service, “Jane Crow”

March 24: Social Justice
Service with guest
speaker from the
Women's Center

March 31: Easter, Rev.
Karen LeBlanc

FROM THE MINISTER'S STUDIO, CONT.

Even Atheist Nerds have Pi Day on 3/14! There is certainly something special about the coming of spring that makes us all want to celebrate. Of course, returning warmth is one fine reason, but considering not everywhere has four seasons like we do, I think it has more to do with acknowledging the power of transformation.

Our church is always in a state of transformation, which is a good thing. Complacency is a thorn in every church's side. When we don't change, we get stuck in old patterns that might seem comfortable for a while but will eventually lead to stagnation and that's when you begin to hear the death knell. I love that our UU heritage promotes progress and makes a great effort to be open to big changes. None of that threatens who we are or how we worship. That may be why we are GROWING. That's right! We have SIX new members that we have welcomed this year so far, and I can't wait to see how their input will transform us.

We've got another great line up of Sundays this month, so I hope to see you in church. Remember this month we turn the clocks forward on the 10th, and that there is NO LIVE SERVICE on March 17 because of the NB Half Marathon. There will be an online service that day, however, so tune in on our YouTube channel at 11am.

Happy Spring!

Bright Blessings-Karen





Transformation

WAY COOL SUNDAY SCHOOL

YASMIN FLEFLEH-VINCENT,
DIRECTOR OF RELIGIOUS EDUCATION
flefleh@gmail.com

What does it mean to be a people of **Transformation**?

March 3: Transformation, Change Happens, *The Magical Yet* by Angela DiTerlizzi

March 10: Ramadan, Changing Our Attention, *Ramadan Around the World* by Ndaa Hassan

March 17: Spring Equinox - Changing Seasons Grow New Things. So Can We!
[Online-only service - New Bedford Half Marathon]

March 24: Change Ignorance Into Learning, *Purim: Queen Esther*

March 31: Easter - The Change from Sad Hearts to Hopeful Hearts; Remembering that Bad Times Won't Last Forever, *The Egg We Need* by Anne Howard (UUA)

“Transformation: We adapt to the changing world. We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.”

BOOKS FOR WOMEN'S HISTORY MONTH

FOR ADULTS:

The Immortal Life of Henrietta Lacks by Rebecca Skloot

My Own Words by Ruth Bader Ginsberg

FOR CHILDREN:

Frida Kahlo and Her Animalitos

by Monica Brown,
Illustrated by John Parra

Coretta by Coretta Scott King

Little Melba and Her Big Trombone by Kathryn Russell-Brown,
Illustrated by Frank Morrison

We Were Made For These Times by Dr. Clarissa Pinkola

My friends, do not lose heart. We were made for these times. I have heard from so many recently who are deeply and properly bewildered. They are concerned about the state of affairs in our world now. Ours is a time of almost daily astonishment and often righteous rage over the latest degradations of what matters most to civilized, visionary people.

You are right in your assessments. The luster and hubris some have aspired to while endorsing acts so heinous against children, elders, everyday people, the poor, the unguarded, the helpless, is breathtaking. Yet, I urge you, ask you, gentle you, to please not spend your spirit dry by bewailing these difficult times. Especially do not lose hope. Most particularly because, the fact is that we were made for these times. Yes. For years, we have been learning, practicing, been in training for and just waiting to meet on this exact plain of engagement.

I grew up on the Great Lakes and recognize a seaworthy vessel when I see one. Regarding awakened souls, there have never been more able vessels in the waters than there are right now across the world. And they are fully provisioned and able to signal one another as never before in the history of humankind.

Look out over the prow; there are millions of boats of righteous souls on the waters with you. Even though your veneers may shiver from every wave in this stormy roil, I assure you that the long timbers composing your prow and rudder come from a greater forest. That long-grained lumber is known to withstand storms, to hold together, to hold its own, and to advance, regardless.

In any dark time, there is a tendency to veer toward fainting over how much is wrong or unmended in the world. Do not focus on that. There is a tendency, too, to fall into being weakened by dwelling on what is outside your reach, by what cannot yet be. Do not focus there. That is spending the wind without raising the sails.

We are needed, that is all we can know. And though we meet resistance, we more so will meet great souls who will hail us, love us, and guide us, and we will know them when they appear. Didn't you say you were a believer? Didn't you say you pledged to listen to a voice greater? Didn't you ask for grace? Don't you remember that to be in grace means to submit to the voice greater?

Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely. It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good.

What is needed for dramatic change is an accumulation of acts, adding, adding to, adding more, continuing. We know that it does not take everyone on Earth to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale.

One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times. The light of the soul throws sparks, can send up flares, builds signal fires, causes proper matters to catch fire. To display the lantern of soul in shadowy times like these - to be fierce and to show mercy toward others; both are acts of immense bravery and greatest necessity.

Struggling souls catch light from other souls who are fully lit and willing to show it. If you would help to calm the tumult, this is one of the strongest things you can do. There will always be times when you feel discouraged. I too have felt despair many times in my life, but I do not keep a chair for it. I will not entertain it. It is not allowed to eat from my plate.

The reason is this: In my uttermost bones I know something, as do you. It is that there can be no despair when you remember why you came to Earth, who you serve, and who sent you here. The good words we say and the good deeds we do are not ours. They are the words and deeds of the One who brought us here. In that spirit, I hope you will write this on your wall: When a great ship is in harbor and moored, it is safe, there can be no doubt. But that is not what great ships are built for.

Dr. Clarissa Pinkola is an American poet, Jungian psychoanalyst, post-trauma recovery specialist, author and spoken word artist. Estés grew up in the now vanished oral tradition of her immigrant, refugee families who could not read nor write, or did so haltingly, and for whom English was their third language overlying their ancient natal languages.

VOLUNTEER OPPORTUNITIES

Finance Committee

- Helps plan and execute the Annual Pledge Drive
- Strategizes fundraising plans for the year and more!

Outreach Committee

- Help design and distribute flyers
- Send out press releases about events
- Assist other committees with their outreach if needed and more!

Walt's Mobil Closet's 2nd Annual Essential Women's Event, March 30, 9 AM - 1 PM

- 4-5 volunteers to help run an outreach table in shifts of 1 hour
- Assist with clean up after the event
- Give sanctuary tours if we have enough volunteers

40th Annual Jazz Service - June 30, 2024

- We will need about 12-15 volunteers for this event in areas such as
 - Raffle table
 - Kitchen help - food, dishes, cleaning up
 - Greeters to pass out programs
 - Soliciting sponsorships/ads from area businesses
 - Other areas as needed

To learn more, please email admin@uunwbedford, and the administrator can put you in touch with the Committee Chairs.

Why volunteer? Participation in a committee provides a sense of belonging and purpose. It's more than attending meetings; it's actively contributing to the shared vision and mission of the church. Whether involved in outreach, social justice, or community events, each committee member plays a unique role in shaping the collective identity of the First Unitarian Church. The connections formed within these committees go beyond casual interactions, evolving into deep and meaningful relationships that extend into our daily lives.



2nd Annual Essential Women's Event

Where: The First Unitarian Church of New Bedford, 71 8th Street, New Bedford
When: March 30th 10:00-12:30



Join us for this Event Supporting UnderServed Women In Our Communities.

Walt's Mobile Closet will have women's gently used clothing, shoes, bras, and jewelry. We will also be handing out our gently used purses that are filled with essential items.

Come shop for FREE!

Here are some of the community resources that will also be available at this event:



United Way of Greater New Bedford

You Matter-You Are Valued-Wishing You Peace, Love & Joy!

Questions? Email waltsmobilecloset@gmail.com

ANNOUNCEMENTS

Social Justice Committee

Meetings are held on Wednesdays at 6:30 pm via Zoom if you want to join. The Zoom meeting link can be found by visiting the calendar on our website, www.uunewbedford.org/calendar

Upcoming Events

March 10: Drum Circle, 7 pm

March 12: Trustees Meeting, 6 pm

March 14: AHA! New Bedford, 5-7 pm, Sanctuary, Soul Shakedown, Celebrating the Work of Women

March 22: Pagan Meeting and Ostara Gathering, 6-8:30 pm

March 23: New Member Dinner, 5-7 pm

To see all upcoming events added to the calendar in real time, visit www.uunewbedford.org/calendar

New Members

Give a warm welcome to our newest members: Annie Ellis, David Godinez, Ashley Correia, and David & Bri LaBrie. We welcome you to our congregation and we can't wait to get to know you better!

Pledge Reminders

Only four months left of Fiscal Year '24! Letters indicating the remainder of your pledge commitment will be sent out in mid-March. Our fiscal year ends on June 30, 2024. Please make sure all payments are sent in before then. Thank you for supporting the church and its ministry.

ANNOUNCEMENTS

Unitarian Universalist Society in Fairhaven invites you to:

Women's History Month Movie Afternoon
Sunday, March 10, 3 pm Church Auditorium

Join the Women's Alliance for a Multi-Generational Movie Afternoon, in recognition of Women's History Month. We will watch the feature film *Call Jane* starring Elizabeth Banks and Sigorney Weaver.

The film is a touching story about women's access to abortion in the pre-Roe v. Wade time period, specifically 1968 in Chicago, IL. The film is fictional but based on true events. While most baby boomers and older are familiar with this part of our history, it can be quite a shock to younger folks to see how different things were in the recent past and shocking to learn how history can repeat itself! The Women's Alliance thought it would be super-fun to have UUsers bring a post-baby boom friend or relative to watch the film together! BYO Bean bag chair. Refreshments will be served!

THANK YOU

We want to extend a heartfelt "Thanks" to everyone who made Black History Month at our church a success! From our guest speakers to the thoughtfully arranged readings, music with meaning, and Stories For All Ages which highlighted black individuals whose stories are unknown or not often heard about. It was our most attended February in a long time!

Thank you for being dedicated to our 8th Principle which states "We covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse, multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

BLUE: Sanctuary
 GREEN: Tryworks
 PINK: Maja Capek Room

The Thrift Shop is open Tuesdays and Saturdays from 10 AM - 1 PM.

MARCH 2024						
S	M	T	W	TH	F	S
					1	2
3 Sunday Service 11 AM	4	5  GNBCS	6 Social Justice Zoom 6:30 Sea Chanty Chorus	7 SouthCoast Lessons	8 Jeff Angeley 5-8 pm	9 
10 Sunday Service 11 AM Drum Circle 7PM Daylight Savings	11	12 Board of Trustees Meeting 6 PM  GNBCS	13 Social Justice Zoom 6:30 Sea Chanty Chorus	14 AHA! New Bedford SouthCoast Lessons	15	16 
17 Online Only Service - NB Half Marathon No Sunday School	18	19  GNBCS	20 Social Justice Zoom 6:30 Sea Chanty Chorus	21 SouthCoast Lessons	22 CUUPS Meeting 6 - 8:30 pm	23 
24 Sunday Service 11 AM Martha Briggs Lenten Tea 3-5	25	26  GNBCS	27 Social Justice Zoom 6:30 Sea Chanty Chorus	28 SouthCoast Lessons	29	30 Walt's Mobil Closet Event 
31 Easter Service 11 AM						

Check out the calendar on our website to see real-time updates by visiting www.uunewbedford.org/calendar

Welcome to the Gift of Transformation

Let mystery have its place in you; do not be always turning up your whole soil with the plowshare of self-examination, but leave a little fallow corner in your heart ready for any seed the winds may bring, and reserve a nook of shadow for the passing bird; keep a place in your heart for the unexpected guests, an altar for an unknown God.

-Henri-Frederic Ariel

Make a bit of room. Leave a little space. That may not sound like anything radical or revolutionary. But it turns out that it is one of Life's favorite ways to make us into something new.

Be cautious with those cultural messages about aggressively tilling and turning up your whole soil. Watch out for all the heroic talk about striving and perfecting, struggle and control. Much of the time, transformation is a much subtler art. It's about stillness, listening and waiting to be led, not fighting with yourself and others to make sure you are in the lead.

In short, when it comes to transformation, the message of spirituality is "Be careful with what you've been taught and told about transformation because much of it takes us in exactly the wrong direction." Our challenge as communities of transformation is to remind each other to take those different tacks. Such as:

It's about breathing rather than becoming better.
It's about patience not perfection
It's about depth not dominance.
It's about attention not improvement.

That part about attention instead of improvement is especially important. It's so easy to get transformation mixed up with fixing. And fixing is transformation's biggest foe. Trying to purify or perfect ourselves is the surest way to stay stuck. The pursuit of purity and perfection focuses us on our inadequacy and inferiority, causing us to overlook those unexpected guests that Henri-Frederic speaks of.

And, friends, we don't want to miss those unexpected guests! Those seeds brought by the wind and those passing birds are the partners that make transformation possible. They help us notice new paths. They invite us to walk with a new step. They awaken in us new songs. They remind us that transformation is not something we do alone. They assure us that transformation doesn't have to be a long and lonely struggle, but instead can be more like learning a new dance with a new friend. All we have to do is trust, take the hand of that "unknown God" and follow its lead.

So, friends, this month, leave some room on that dance floor of yours. Keep your eyes peeled. See attention and attending as your greatest assets and tools. And when that unexpected guest reaches out its hand, don't be afraid.

Our Spiritual Exercises

It's one thing to analyze a theme; it's quite another to experience it. By pulling us out of the space of *thinking* and into the space of *doing*, these exercises invite us to figure out not just what we have to say about life, but also what life has to say *to us*!

Pick the exercise that speaks to you the most. Come to your group ready to share why you picked the exercise you did and what gift it gave you.

Option A

The Gift of Your Many Homes

Moving to a new home is not just a transformation of place but also a transformation of our personhood. A new surrounding shapes one into a new you. So this exercise invites you to explore how exactly your many homes shaped and created the "many yous." Here are your instructions:

- **Identify an object** that represents each of your homes. It's fine to focus on the actual physical home/house in which you lived, but -if helpful- expand your reflection to also focus on the town and land surrounding your house.
- **Identify a story** that captures the most meaningful gift each home gave you. Focus yourself on who each home helped you become and how each home shaped a new you.

Come to your group ready to share 1-2 of these objects and gift stories.

Option B

What in Their Bucket List is Yours?

Bucket lists transform us. By purposely placing what we dream of *doing* on the horizon, we are better able to hold on to the person we dream of *becoming*. Bucket lists keep our transformation on track.

But typical bucket lists fall short for many of us. They are focused on the adventures outside us, whereas we seek more guidance about what kind of adventures might lie inside us.

This is where Colorado's Poet Laureate, [Andrea Gibson](#), comes to the rescue. [Their bucket list](#) is all about how they long to heal and transform their *inner* world.

So with this in mind, this exercise invites you to treat Gibson as your guide and **figure out what in their bucket list is yours too**. You can read and listen to it here: https://andreagibson.substack.com/p/a-new-kind-of-bucket-list?utm_source=profile&utm_medium=reader2.

Mindfully read through their list multiple times until you identify which one or two of the items on Gibson's list most resonate with you and capture the inner transformation you long for as well.

Some questions to reflect on, if helpful:

- What one thing is most in the way of you achieving your chosen bucket list item?
- What personal story arises for you as you think about your chosen bucket list item?
- Who do you want to tell about your pick the most and why?
- Did you pick the one you did because it will help you reclaim something you lost in the past or birth something new?

Come to your group ready to share one or two of the insights/gifts you received from this exercise.

p.s. If you are looking for an extra mile challenge, consider writing your own "inner world bucket list."

Option C

Ask Them About Aging

Aging is arguably the most common and complex transformation we face. Regardless of what age we are. It simply never gets easier to move through the stages of our lives. But... we also know that two things in particular help: Stepping back to notice/name what is happening inside us and drawing wisdom from others who have already navigated the stage we are facing.

Providing these two sources of support is exactly what author Sari Botton offers through her online magazine, [Oldster](#). Using a set of carefully thought out and compelling questions, she interviews 30 100-year-old adults and explores “what it means to travel through time in a human body, at every phase of life.”

So, your assignment this month is to work through that set of questions yourself! Well, actually not just by yourself, but **with a trusted friend or family member**.

Here’s what we suggest: First, go through the questions yourself and write out the answers (or jot notes & talking points). Then meet up with a friend or family member and go through each of your answers to the questions, pausing along the way to share reactions and notice where your answers echo and differ.

Below is the list of questions **and a handful of the Oldster interviews to get you thinking as you get ready to answer for yourself**.

The Oldster Questions

- *Is there another age you associate with yourself in your mind? If so, what is it? And why, do you think?*
- *Do you feel old for your age? Young for your age? Just right? Are you in step with your peers?*
- *What do you like about being your age?*
- *What is difficult about being your age?*
- *What is surprising about being your age, or different from what you expected, based on what you were told?*
- *What has aging given you? Taken away from you?*
- *How has getting older affected your sense of yourself, or your identity?*
- *What are some age-related milestones you are looking forward to? Or ones you “missed,” and might try to reach later, off-schedule, according to our culture and its expectations?*
- *What has been your favorite age so far, and why? Would you go back to this age if you could?*
- *Is there someone who is older than you, who makes growing older inspiring to you? Who is your aging idol and why?*
- *What aging-related adjustments have you recently made, style-wise, beauty-wise, health-wise?*
- *What’s an aging-related adjustment you refuse to make, and why?*
- *What’s your philosophy on celebrating birthdays as an adult? How do you celebrate yours?*

Some Oldster Interviews

This is 76: Dami Roelse: <https://oldster.substack.com/p/this-is-76-dami-roelse-responds-to>

This is 38: Minda Honey: <https://oldster.substack.com/p/this-is-3875-minda-honey-responds>

This is 67: Lucy Sante: <https://oldster.substack.com/p/this-is-67-lucy-sante-responds-to>

This is 54: Author Elizabeth Gilbert: <https://oldster.substack.com/p/this-is-54-author-elizabeth-gilbert>

This is 72: Breena Clarke: <https://oldster.substack.com/p/this-is-72-author-breena-clarke-responds>

This is 90: Paul Zolbrod: <https://oldster.substack.com/p/this-is-90-paul-zolbrod-responds>

This is 40: Sherisa de Groot: <https://oldster.substack.com/p/this-is-40-sherisa-de-groot-responds>

Option D

Learning Your Way into the Always Becoming You

We are regularly told that transformation is about birthing something new. That can sound hopeful and encouraging, but too much emphasis on becoming new can make us feel that our current self is just old and not-so-hot. Or worse, that we are failing, or need to be thrown out!

Remembering the deep connection between transformation and learning helps with this. Learning can begin with a blank slate and work toward something new, but more often than not it builds on what is. And in doing so, it signals that who we are in the present is not an impediment to our becoming but a beautiful part of it. We are able to celebrate ourselves *now*, not just when the new us arrives. And there is a huge gift in that!

Amy Lloyd understands how important this gift is. Her poem, [I am Learning](#), is all about embracing and celebrating who she is right now and how that is a gift to who she is becoming. It provides a roadmap for how we can do the same. So here's your assignment:

***Make time to meditate on Lloyd's poem (found [HERE](#))
&
then write a version of your own.***

You don't have to be a poet. All you have to do is complete the sentence "I am learning..." 5-10 times. Just like she did!

After you've written your own version, spend some time reading it aloud and notice how you feel. Did identifying what you are in the midst of learning leave you proud? Surprised? Did it help you perceive yourself anew? Did it make you even more committed to continuing the transformation of yourself that is underway?

Option E

Which Transformation Resource Calls to You?

Sometimes we read a quote, and it perfectly captures what's going on for us right now. Or allows us to view our current circumstances in a new light. With this in mind, spend some time this month reading through all of the *Companion Pieces* listed in section three of this packet to ***find the one that best illuminates your journey with transformation.***

We encourage you to use the same discernment practice with these quotes as you do with the packet's list of questions:

- **Read through all or many of the "companion pieces"** a few times, noting which ones "shimmer" (i.e. call to you or have an emotional gravitational pull). It often helps to circle or star these shimmering items.
- Then go through all your starred items and **settle on the one** that pulls at or interests you the most.
- Finally make space to **reflect** on the gift, word of comfort, challenge or insight your chosen resource is offering you.
- Some of us may want to **go further** and capture your reflections with journaling or creative expression.

Come to your group ready to share which companion piece you chose and the gift it gave you (and/or the journey it took you on).

Your Question

This list of questions is an aid for deep reflection. They are not meant to be answered as much as to take you on a journey.

Read through the list of questions 2-3 times until one question sticks out for you and captures your attention, or as some faith traditions say, until one of the questions “shimmers.”

Then reflect on that question using one or all of these questions:

- *What is going on in my life right now that makes this question so pronounced for me?*
- *How might my inner voice be trying to speak to me through it?*
- *How might Life or my inner voice be trying to offer me a word of comfort or challenge through this question?*

Writing out your thoughts often enables you to go deeper. It also sometimes helps to read the list of questions to a friend or loved one and ask them which question they think is the question you need to wrestle with.

A note about self-care: *Often these questions take us to a vulnerable space. It is OKAY to ignore the questions that may be triggering – or lean in if that feels safe.*

1. What were you told as a child when you resisted change or expressed fear of it?
2. What have you learned about the relationship between transformation and pain?
3. What have you learned about the relationship between transformation and joy?
4. What have you learned about the relationship between transformation and rest?
5. What is your next challenge in daring to be human?
6. Is your armor in the way of your growth?
7. Is delayed gratification delaying your transformation?
8. Is believing “I don’t deserve it” standing in your way?
9. Is it time to thank your armor for the way it protected & saved you back when things were tough?
10. Who or what do you need to learn to love next?
11. Of all the ways your life partner has transformed you, which is your favorite?
12. If you could go back and change something you said or did this year, what would it be?
13. How do you think your future self might transform its relationship with doubt and distrust?
14. What if the way forward is to soften?
15. What if your transformation lies in asking for what you need?
16. What is the new creation that wants to be born in and through you?
17. What do you know of a brokenness out of which comes the unbroken?
18. **What’s your question?** Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to find it.

Companion Pieces

Recommended Resources for Personal Exploration & Reflection

The following resources are not required reading. We will not analyze these pieces in our group. Instead they are here to companion you on your journey this month, get you thinking and open you up to new ways of imagining The Gift of Transformation

Wise Words

Human beings are works in progress that mistakenly think they're finished

[Daniel Gilbert](#)

Living involves tearing up one rough draft after another.

[author unknown](#)

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

Anais Nin

Let difficulty transform you. And it will. In my experience, we just need help learning how not to run away.

Pema Chodron

The trouble with steeling yourself against the harshness of reality is that the same steel that secures your life against being destroyed secures your life also against being opened up and transformed by the holy power that life itself comes from.

[Frederick Buechner](#)

I need a rainstorm...
that drowns out any voices
that would offer easy answers.
I need a cloudburst to flood
everything I think I know...
Give me a gulley washer,
the kind that scours
and remakes its path as it flows.
I want it, and yet
when I feel the first drops
I scramble for the umbrella...

[Rosemerry Wahtola Trommer](#)

No transmutation without fire... the self must lose to find and die to live.

[Evelyn Underhill](#)

Our survival adaptations are so tough, but our wounds are so delicate. To heal, we have to lift the armor carefully – it saved our lives, after all. It's like moving your best friend off to the side of the path. You don't trample on her, you don't hit her with a sledgehammer. You honor her presence like a warm blanket that has kept you safe and sound during wintry times.

[Jeff Brown](#)

Personal growth is not about amassing knowledge, it's about becoming more conscious,... more mindful of inner knowing.

Peter Shepherd

One does not become enlightened by imagining figures of light, but by making the darkness conscious.

Carl Jung

The curious paradox is that when I accept myself just as I am, then I can change.

[Carl Rogers](#)

I believe in waking up in the middle of the night and packing our bags and leaving our worst selves for our better ones.

Leslie Jamison

This I now know for certain: I do all of growing during the times in my life when I am offering compassion to the parts of myself that have not yet grown. I never once managed to shame myself into a version of me I loved more

[Andrea Gibson](#)

What is defeat? Nothing but education. Nothing but the first step to something better.

Wendell Phillips

You did not come here to pay bills and die
nor did you come to build the fortunes
of those destroying the Earth
Imagine instead
that you came to gather precious things
fallen from the pockets of Ancient Ones...
So fill your pockets as this world dies
knowing some of it will guide you to the next
and some will fall to the ground
in time to be found
by those who'll bring the world back to life.

[Chris Taylor](#)

Change happens at the speed of trust.

[author unknown](#)

Watch yourself about complaining. What you're supposed to do when you don't like a thing is change it. If you can't change it, change the way you think about it.

Maya Angelou

Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely. It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good. What is needed for dramatic change is an accumulation of acts, adding, adding to, adding more, continuing. We know that it does not take everyone on Earth to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale...

[Clarissa Pinkola Estes](#)

If you see what needs to be repaired and how to repair it, then you have found a piece of the world that God has left for you to complete. But if you only see what is wrong and what is ugly in the world, then it is you yourself that needs repair.

Rabbi Menachem Mendel Schneersohn

If you want to change the world, first, be sure you are changing yourself.

[Rev. Sean Parker Dennison](#)

Every moment we have a choice. Every moment we can be a plus, minus or zero
author unknown

We are the first generation to feel the sting of climate change, and we are the last generation that can do something about it.

[Jay Inslee](#)

There is something dying in our society, in our culture, and there's something dying in us individually. And what is dying, I think, is the willingness to be in denial. And that is extraordinary. It's always been happening, and when it happens in enough of us, in a short enough period of time at the same time, then you have a tipping point, and the culture begins to shift...

[Rev. angel Kyodo williams](#)

In times of rapid change it is the *learners* who inherit the earth; while the *learned* find themselves beautifully equipped to deal with a world that no longer exists.

[Eric Hoffer](#)

All that you touch you change.
All that you change changes you.
The only lasting truth is change...
God is change.

[Octavia Butler](#)

God is Change. Beware:
God exists to shape
And to be shaped.

[Octavia Butler](#)

Music

Two different playlists for each of our monthly themes: one in Spotify and another in YouTube. Use them as musical meditations.

- Click [here](#) for the Spotify playlist on [Transformation](#)
- Click [here](#) for the YouTube playlist on [Transformation](#)
- Click [here](#) for all [Spotify playlists](#).
- Click [here](#) for all the playlists. Videos & Podcasts

Videos & Podcasts

What is Transformative Justice?

<https://www.youtube.com/watch?v=U-BOFz5TXo&t=3s>

We are In a Time of New Suns

On Being Interview with adrienne maree brown

<https://onbeing.org/programs/adrienne-maree-brown-we-are-in-a-time-of-new-suns/>

The Neoliberal Order Is Over. What Next?

<https://rooseveltinstitute.org/2023/05/04/podcast-the-neoliberal-order-is-over-what-comes-next-with-gary-gerstle/>

David Brooks thinks Americans are getting meaner

<https://www.vox.com/future-perfect/23890762/david-brooks-america-capitalism-democracy-the-gray-area>

Today I Rise - Short Film

<https://www.youtube.com/watch?v=977HAgu-9-M>

The Unbroken by Rashani Rea

<https://www.youtube.com/watch?v=U-cr6KXy2Kc>

The Transformation that Pottery Made Possible

<https://www.youtube.com/watch?v=537ezn9HKoM>

A must see poem and visual meditation on aging

<https://davesikkema.wordpress.com/2013/09/14/no-going-back/>

The Coming AI Friends

Overview [here](#)

Interview with developers [here](#)

Related article [here](#)

Artists on How AI is Transforming Art & Us

<https://www.youtube.com/watch?v=G2XdZIC3AM8>

How AI will Augment & Transform Our Brains!

<https://www.youtube.com/watch?v=bLCS8O9V9eY>

More [here](#)

The Next Global Superpower Isn't Who You Think

<https://www.youtube.com/watch?v=uiUPD-z9DTg>

The World Ahead 2024: 5 stories to watch out for

<https://www.youtube.com/watch?v=RRMVFOPPqZI>

Articles

How Your Personality Changes As You Age

<https://www.bbc.com/future/article/20200313-how-your-personality-changes-as-you-age>

“Our traits are ever shifting, and by the time we’re in our 70s and 80s, we’ve undergone a significant transformation... We become more conscientious and agreeable, and less neurotic... Our willpower increases and we develop a better sense of humor. Finally, the elderly have more control over their emotions. It’s arguably a winning combination...”

How to Thrive in an Uncertain World

<https://www.nytimes.com/2024/01/13/opinion/uncertainty-anxiety-psychology.html>

On how meeting transitions with uncertainty is the key to successfully navigating our ever-transforming world.

Books

[Emergent Strategy: Shaping Change, Changing Worlds](#)

adrienne maree brown

Parable of the Sower

Octavia Butler

[Trusting Change: Finding Our Way Through Personal and Global Transformation](#)

Karen Hering

[The Battle for Your Brain: Defending the Right to Think Freely in the Age of Neurotechnology](#)

Nita Farahany

Movies & TV

[The UP Series](#)

[Nomadland](#)

[The Boy Who Harnessed The Wind](#)

[Rectify](#)

[American Symphony](#)

[The Holdovers](#)

[Blackberry](#)