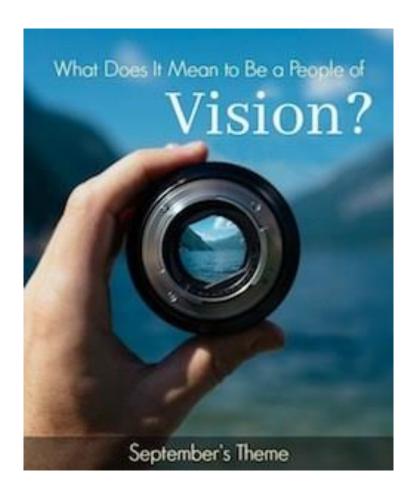


# South Fraser Unitarians



What does it mean to be a People of Vision?

SFUC Thematic Packet September 2018

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#### A Note from the Minister

I find it a gift to be able to be in community! The gifts of companionship, questioning, company, presence, deep listening ... all of these are available to me each time I decide to be a part of a community! And wonder of wonders! Do we ever have a wonderful community! We live our mission statement out well with each other!

We are a *connected* community in so many ways! It's evident in the way people spend time lingering over coffee after the service, providing rides to others so they can get to services, and the joy on our faces when we greet each other. All of these give way to the way in which we form meaningful relationships! We *grow personally and spiritually* each time we attend a service, each time we enroll in one of the Thursday evening programs or take the time to deeply listen to each other. And we *care for each other as we work for a just and sustainable world!* It is hard work being an activist and so many of us are busy in the community living this part of our mission statement out – from being active in the White Rock Social Justice Film Society, working in hospice, or working towards reconciliation.

And now that we have settled into a new chapter of South Fraser Unitarian's story with having a settled minister, it's now time to begin looking forward to our vision. This thematic package starts off a year-long process of exploration looking at:

Where do we come from?
What are we?
Where are we going?

We know that no one person can hold a vision for South Fraser Unitarians that is perfect – and in fact for us as Unitarian Universalists, that process would be flawed and limited. Every vision distorts even as it clarifies. On top of that, life changes. Some doors close, new ones open. If we stay true to the vision of what's behind a closed door, we'll just end up spending our time banging our head against the wall. To see the entire view, we need everyone's vantage point.

So clearly being a people of vision is hard work. Figuring out when to keep your vision front and center and when to de-center it and make room for others intimidates the best of us. And maybe that's the most important vision of all this month. Not that of a stern-faced people sticking to their single vision through thick and thin. But that of a playful people exchanging visions and helping each other encounter new and larger worlds. A people who don't just ask each other "Are we staying true to our vision?" but who also say with a smile, "What new vision is calling to us?" What new way are we being invited to share our gifts with the world?

### **Spiritual Practice - Vision**

Please choose one of the following spiritual practices to engage in and be prepared to discuss your experience at your theme small group ministry circle.

# **Option A: Your Personal Vision Statement: Write It!**

We've all heard of companies writing vision statements, but we rarely write one for ourselves. Use this month to fix that. Simple, clear and memorable statements of vision inspire us, help clarify our choices and motivate us to get out of bed each morning. Without them, we wander. With them, we choose and shape our own path. It's one of the best gifts we can give to ourselves.

And here's the great thing: it's not really that hard to give ourselves this gift. You don't have to make it complicated. In fact, the best personal vision statements are short and simple, even one-sentence. You can also make it less intimidating by narrowing the timeline. For instance, instead of trying to write a vision of what you will make of your entire life, just focus in on what you want to accomplish this year. For instance, you could just make the exercise a matter of answering one or both of the following questions: "How do I want to be different when this church year comes to an end?" and/or "What do I want to have done when this church year ends?"

Here's some more support. If you want to take the single sentence approach, check out these videos:

- <a href="https://vimeo.com/8480171">https://vimeo.com/8480171</a>
- https://www.youtube.com/watch?v=gw2xSdp4b0c&feature=youtu.be

If you want to dive in more deeply, here's a great road map: <a href="http://static1.squarespace.com/static/5765deb1be659449f97fcbf5/t/5770b309579fb313">http://static1.squarespace.com/static/5765deb1be659449f97fcbf5/t/5770b309579fb313</a> 164a7a37/1467003657818/LINDYNORRIS.COM+-

+How+to+Develop+a+Personal+Vision+Statement.pdf

As you are writing your statement, run it by those close to you. Ask for their reactions. Something insightful will surely arise from those conversations.

Come to your group ready to share your one, two or twenty sentence vision statement, and what you learned from the journey of writing it.

# **Option B: Your Personal Vision Statement: Visualize It!**

Some of us are visual learners, so instead of writing your personal vision statement, create a visual representation of it. This popular technique is called vision-boarding. Here are three great sites that explain what a vision board is and how to go about creating one:

• <a href="https://www.huffingtonpost.com/elizabeth-rider/the-scientific-reason-why-6392274.html">https://www.huffingtonpost.com/elizabeth-rider/the-scientific-reason-why-6392274.html</a>

- <a href="https://artfulparent.com/make-vision-board-works-10-steps/">https://artfulparent.com/make-vision-board-works-10-steps/</a>
- <a href="http://marthabeck.com/2010/06/how-to-make-a-vision-board/">http://marthabeck.com/2010/06/how-to-make-a-vision-board/</a>

Just like we suggest in exercise A, consider focusing your vision board on your vision for this year. Maybe even consider updating your group about your journey with it as the year progresses! Another idea is to include your relationship partner or the entire family. How cool it would be if all of our families took the time to create a "family vision"?!

You know your small group will want to see what you created, so be sure to bring your Vision Board to your group to accompany your story about what you learned while creating it.

# **Option C: Your Personal Vision Statement: Wear It!**

Ok, so the idea of writing or visualizing your personal vision statement doesn't grab you. Well then what about those personal vision statements you wear on your sleeve- well chest and/or back really. Yes, that's right: your favorite t-shirt. Almost all of us have them: a t-shirt that makes a statement of our deepest beliefs. Implicit in each of these is a vision of the good life.

So dig out that "Vision T-Shirt" and bring it into your group, along with the story of when and why you bought it and what adventures you've had while wearing it.

The goal of this exercise is, of course, to take some time for deeper reflection on what it means to declare your vision to the world. It's never simple to be public with our hopes, dreams and visions. It's also a great joy when our t-shirts enable us to connect with likeminded souls and know we are not alone. Take some time to think about how much these simple articles of clothing have meant to you. There's a reason most of them are torn, ratty and old. We don't want to let go of them in the hopes that their message won't let go of us!

P.S check out examples of some "vision t-shirts" here: <a href="https://www.etsy.com/market/liberal tshirts">https://www.etsy.com/market/liberal tshirts</a>

# **Option D: Your Vision Mentor**

Our visions of the possible and the good are most often given to us, or at least greatly shaped by others. They come as gifts that are cultivated, inspired and midwifed by those we consider visionaries or mentors. So, who are your vision mentors? What poet, preacher, spiritual teacher, artist, activist or musician helps you hold on to your vision of the possible and the good?

Use this month to honour them and refresh their vision in your mind's eye. Re-read the book they wrote. Pin up your favorite quote or picture of theirs. Memorize their poem so you can more easily keep it close. Whatever your method, find a way to keep them front and centre this month, paying attention to new ways they are calling to you or propping up your hope and commitment.

Come to your group with the book, quote, poem or piece of art you've chosen. Share how they became your "vision mentor" and the impact they have made on your life.

# **Option E: Pick a Quote to Expand Your Vision**

Our Recommended Resources are full of quotes about what it means to be a person of vision. There's likely to be at least one of them that opens you to a new way of thinking about the role and call of vision in your life. So as your practice of the month, set aside some time to go through them and meditate on them until you find the one that most expands your understanding of vision. After you've found it, consider printing it out and carrying it with you or pinning it up so you can continue to reflect on it throughout the month. Come to your group ready to share where the journey led you.

### **Questions To Live With**

As always, don't treat these questions like "homework." You do not need to engage every single one. Instead, simply find **the one** that "hooks" you most and let it lead you where you need to go. And then come to the thematic small group meeting prepared to share that journey with your group.

- 1. What vision has been with you since you were a child? How has it both changed and remained the same?
- 2. Who are your vision mentors? What poet, preacher, spiritual teacher, artist, activist or musician helps you hold on to your vision of the possible and the good? What practice do you use to keep their guidance and inspiration in front of you?
- 3. What vision do you want to pass on to your kids, grandkids or those who look to you for guidance?
- 4. How is the season of fall a time of vision for you? How does this season of harvest and turning of leaves allow you to "see" differently?
- 5. How might it be a gift to lean into your near-sightedness? How might vision be calling you to take a break from the long view and gratefully gaze at the treasure right in front of you?
- 6. What might it mean to use a new form of perception to connect with the sacred? Many of us lean on our visual sight and analytical thinking to perceive and engage the holy. But how might listening or touch open an entirely new door? What about allowing your intuition to help you "see"? Or letting the muse of creative expression open up a new horizon? Many also suggest that vision is clearest when we look out with a "beginner's mind." What new form of "vision" is calling to you?
- 7. You see the beauty around you, but are you taking it in?

- 8. Wayne Dyer writes, "If you change the way you look at things, the things you look at change." What in your life needs another look? What if you started with the things you are most sure about?
- 9. Is your vision of how your life is "supposed to be" in your way? Could clear vision require letting go of the visions to which you currently cling?
- 10. Have you ever had a "vision?" A spiritual revelation, mystical experience or premonition? Have you shared it easily? Or kept it to yourself?
- 11. "Once there were three bricklayers. Each one of them was asked what they were doing. The first man answered gruffly, 'I'm laying bricks.' The second man replied, 'I'm putting up a wall.' But the third man said enthusiastically and with pride, 'I'm building a cathedral.'" *Are you sure you are just laying bricks? What "brick" or "wall" is asking you to see a "cathedral" in it?*
- 12. What if you made room for one long, uninterrupted stare at a beautiful thing?
- 13. Loren Eiseley reminds us, "It is a commonplace of all religious thought, even the most primitive, that the [person] seeking visions and insight must go apart from [their] fellows and live for a time in the wilderness." What might "stepping apart and going into the wilderness" look like in your life?
- 14. Rose Nguyen writes, "I sometimes get so caught up with my big dreams... that I forget to recognize all the little dreams I've made come true!... We can get so caught up looking at where we should be, where we aren't, and where others are in comparison that we forget to appreciate where we've been and where we've come from." How might looking back on how far you've come be a blessing to you this month?
- 15. Is the speed and pace of your daily routine blurring your vision? Could the secret to finding clear sight be slowing down?

**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 hear it.

# For Families of All Ages and Sizes



raise-lifelong-uus

# **Family Vision Activity**

Join us after church on September 30 to create a Family Vision Board. We will provide snacks and materials, but if you can please bring magazines.

# **Books/Readings of Vision**

**Poetry:** I'm Just No Good at Rhyming: And Other Nonsense for Mischievous Kids and Immature Grown-Ups by Chris Harris (Author), Lane Smith (Illustrator)

**Picture Book:** Dream Big by Kat Kronenberg

(Author)

**Novel:** Cilla Lee-Jenkins: Future Author Extraordinaire by Susan Tan (Author), Dana

Wulfekotte (Illustrator)

Parents: Learning to Raise Lifelong UU's *UU World Article by Barbara Wells Ten Hove* https://www.uuworld.org/articles/learning-

# **Movie of Vision**

Field of Dreams (PG)

https://www.commonsensemedia.org/movie-reviews/field-of-dreams

# Family Activity: Try This at Home

Fold a piece of paper into three sections. In the first section, list your gifts, strengths, talents, including abilities and personal qualities. In the third section, list problems in the world that are concerning to you, such as child abuse, animal abuse, unemployment, etc. In the middle section, use your vision to devise at least three ways to use your gifts in the first section to solve problems in the third section. Draw and color an image of one of these ideas as if it has already happened and succeeded in solving the problem. Adapted from <a href="http://www.expressivetherapist.com/group-activities.html">http://www.expressivetherapist.com/group-activities.html</a>

# **Discussion Questions:**

• What are some of your visions for the future? Dream big! (or small)

- How do you know when to follow a vision that seems crazy or foolish?
- What thoughts go into weighing the risks of certain choices?
- Is there a way to know for sure whether an idea is a good one?

# **Companion Pieces**

As always, this is not required reading. We will not analyze or dissect these pieces in our group. They are simply meant to companion you on your journey this month, get your thinking started, and maybe open you to new ways of thinking about what it means to be *a community of transformation*.

### Lifting Our Voices, Readings in the Living Tradition, Reading No. 47

Your gifts—whatever you discover them to be—can be used to bless or curse the world.

The mind's power, the strength of the hands, the reaches of the heart, the gift of speaking, listening, imagining, seeing, waiting

Any of these can serve to feed the hungry, bind up wounds, welcome the stranger, praise what is sacred, do the work of justice or offer love.

Any of these can draw down the prison door, hoard bread, abandon the poor, obscure what is holy, comply with injustice or withhold love.

You must answer this question: What will you do with your gifts?

Rebecca Ann Parker, adapted

# **Definition & Word Roots**

The act or power of anticipating that which will or may come to be.

From Old French vision: presence, sight; view, look, appearance; dream, supernatural sight.

### **Wise Words**

We are limited, not by our abilities, but by our vision. *Unknown* 

The soul never thinks without a picture. *Aristotle* 

We are here to abet creation and to witness it, to notice each thing so each thing gets noticed. Together we notice not only each mountain shadow and each stone on the beach, but we notice each other's beautiful face and complex nature so that creation need not play to an empty house. *Annie Dillard* 

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. *Helen Keller* 

The most beautiful things are always hidden. Anonymous proverb

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. *Carl Jung* 

Vision without action is a daydream. Action without vision is a nightmare. *Japanese Proverb* 

Vision looks inward and becomes duty. Vision looks outward and becomes aspiration. Vision looks upward and becomes faith. *Rabbi Stephen Wise* 

If you change the way you look at things, the things you look at change. Wayne Dyer

Once there were 3 bricklayers. Each one of them was asked what they were doing. The first man answered gruffly, "I'm laying bricks." The second man replied, "I'm putting up a wall." But the third man said enthusiastically and with pride, "I'm building a cathedral." *Author Unknown* 

Luke, you're going to find that many of the truths we cling to depend greatly on our own point of view. *Obi-Wan Kenobi* 

Your outlook on life is a direct reflection on how much you like yourself. *Lululemon* 

If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea. *Antoine de Saint-Exupery* 

Failed plans should not be interpreted as a failed vision. Visions don't change, they are only refined. Plans rarely stay the same and are scrapped or adjusted as needed. Be stubborn about the vision, but flexible with your plan. *John C. Maxwell* 

It is a commonplace of all religious thought, even the most primitive, that the [person] seeking visions and insight must go apart from [their] fellows and live for a time in the wilderness. *Loren Eiseley* 

All human activity can be viewed as an interplay between two contrary but equally essential factors -- vision and repetitive routine... When one factor prevails at the expense of the other, the consequences are often undesirable. If we are bound to a repetitive cycle of work that deprives us of our freedom to inquire and understand things for ourselves, we soon stagnate, crippled by the chains of routine. If we are spurred to action by elevating ideals but lack the discipline to implement them, we may eventually find ourselves wallowing in idle dreams or exhausting our energies on frivolous pursuits. It is only when accustomed routines are infused by vision that they become springboards to discovery rather than deadening ruts. And it is only when inspired vision gives birth to a course of repeatable actions that we can bring our ideals down from the ethereal sphere of imagination to the somber realm of fact... *Bhikkhu Bodhi* 

The great tragedy of speed as an answer to the complexities and responsibilities of existence is that very soon we cannot recognize anything or anyone who is not traveling at the same velocity as we are. We see only those moving in the same whirling orbit and only those moving with the same urgency. Soon we begin to suffer a form of amnesia, caused by the blurred vision of velocity itself, where those germane to our humanity are dropped from our minds one by one. We start to lose sight of any colleagues who are moving at a slower pace, and we start to lose sight of the bigger, slower cycles that underlie our work... Just as seriously, we begin to leave behind the parts of our own selves that limp a little, the vulnerabilities that actually give us color and character. We forget that our sanity is dependent on a relationship with longer, more patient cycles extending beyond the urgencies. *David Whyte, on how our vision is limited by speed* 

We're always talking about how we should live in the now and "be present." We shame ourselves for looking back at the past or into the future... It's a beautiful thing to be mindful of the present, but don't forget to honour yourself, your past, and how far you've come. Odds are, it's further than you think... I realized that I sometimes get so caught up with my big dreams... that I forget to recognize all the little dreams I've made come true!... We can get so caught up looking at where we should be, where we aren't, and where others

are in comparison that we forget to appreciate where we've been and where we've come from. *Rose Nguyen* 

If you don't look back, the future never happens... Rita Dove

When you look deeply into your anger, you will see that the person you call your enemy is also suffering. As soon as you see that, the capacity of accepting and having compassion for them is there. *Thich Nhat Hanh* 

Our picture of ourselves has become too grand, we have lost the vision of a reality separate from ourselves. *Iris Murdoch, The Sovereignty of Good* 

If you sense there must be more, there is more. *Alan Cohen* 

Earth's crammed with heaven. Elizabeth Barrett Browning

Above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it. *Roald Dahl, The Minpins.* 

What will mess you up most in life is the picture in your head of how it is supposed to be. *Unknown* 

My barn having burned down I can now see the moon. Mizuta Masahide

### **Articles**

### Looking at the world from a different perspective

https://www.cyrielkortleven.com/looking-world-different-perspective/Charts and maps that will change your view on the world.

### Learn more about "Darshan" (The Hindu practice of "divine sight")

- http://www.srisarada.org/mandir/darshan.html
- https://classroom.synonym.com/what-is-darshan-in-hindu-worship-12085928.html
- <a href="https://www.quora.com/Why-is-the-ritual-of-Darshan-religious-seeing-or-visual-perception-of-the-sacred-so-important-in-Hinduism">https://www.quora.com/Why-is-the-ritual-of-Darshan-religious-seeing-or-visual-perception-of-the-sacred-so-important-in-Hinduism</a>
- <a href="https://silentcedars.wordpress.com/2014/12/12/reflections-on-darshan-and-my-darshan-of-the-dalai-lama/">https://silentcedars.wordpress.com/2014/12/12/reflections-on-darshan-and-my-darshan-of-the-dalai-lama/</a>

**Standing in the Shadow of Hope** (Committed to the struggle without a vision of hope) *Austin Channing Brown* 

https://onbeing.org/blog/austin-channing-brown-standing-in-the-shadow-of-hope/

Excerpt: I cannot hope in whiteness. I cannot hope in white people or white institutions or white America. I cannot hope in lawmakers or politicians, and I cannot hope even in pastors or ministries or mission statements. I cannot hope in misquoted wisdom from MLK, superficial ethnic heritage celebrations, or love that is aloof. I cannot hope even in myself. I am no one's savior. The longer this list gets, the more elusive hope becomes. This is the cool place from where I demand a love that matters. In this place, I see the sun setting behind me, its light as far away as the stars, and I let the limitations of hope settle over me. I possess not the strength of hope but its weakness, its fragility, its ability to die. Because I must demand anyway. It is my birthright. It is the culmination of everything my ancestors endured, of all that my parents taught me, of the Blackness that rescued me. How dare I consider surrender simply because I want the warmth of the sun? This warmth has not been promised to me. My faith does not require it.

### Coping When Your Life Vision Doesn't Go to Plan

Teresa Shimogawa

https://tinybuddha.com/blog/the-betrayal-of-expectations-coping-when-life-doesnt-go-to-plan/

Excerpt: "What will mess you up most in life is the picture in your head of how it is supposed to be." ~Unknown. I expected to get into college. I expected to have a career after a lot of hard work, and that one day I'd meet a nice man and we would get married. We would buy our first house together and start a family, picking out a crib and the baby's "going home" outfit and organizing a drawer full of diapers. We'd have more babies and go on vacations and grow old together. Spoiler alert: Life was only that simple until the universe pulled the rug out from beneath my feet. It was an ordinary school day when my life fell apart. These sorts of things usually happen on ordinary days. Would your life be dramatically improved if you were utterly deluded? *Eric Barker* 

Full article found at <a href="https://www.bakadesuyo.com/2012/02/would-your-life-be-dramatically-improved-if-y/">https://www.bakadesuyo.com/2012/02/would-your-life-be-dramatically-improved-if-y/</a>

"Evidence shows that people who hold pervasive positive illusions about themselves, their abilities, and their future prospects are mentally healthier, happier and better liked than people who lack such illusions..."

### Podcasts and Talks

#### How to See the World Like Malcolm Gladwell

https://bigthink.com/videos/big-think-interview-with-malcolm-gladwell

"There is a point in every child's development where he begins to realize that the content of his parents' minds is different than that in his own, says author Malcolm Gladwell. Yet adults often forget this fundamental realization, says Gladwell. "We always fall back on this notion that the rest of the world, their personalities and their minds, are set up the way ours are." In his Big Think interview, Gladwell, the author of bestsellers "The Tipping Point," "Outliers," and "Blink," talks about how this way of looking at the world has informed his career as a writer..."

#### **A Different Perspective**

https://vimeo.com/120438150

What does it take to no longer see a threat?

#### Personality Test: What Do You See First and What It Reveals About You

https://www.youtube.com/watch?v=7Y76u3UyQd8

It's unclear how scientific this really is. But it's sure fun!

#### Painting With a Different Kind of Sight

https://www.youtube.com/watch?v=kg6a391A7Wk

After losing his sight, John developed a new way to share his vision by using touch, music, and emotion to paint stunningly colorful works of art. For those who thought that painting was only for the sighted, John Bramblitt is here to prove you wrong.

#### A New View of the Moon (and us)

https://vimeo.com/259818647

#### A prosecutor's vision for a better justice system

Adam Foss

https://www.ted.com/talks/adam foss a prosecutor s vision for a better justice system

#### An engineer's vision for tiny forests everywhere

Shubhendu Sharma

https://www.ted.com/talks/shubhendu sharma an engineers vision for tiny forests ever <a href="https://www.ted.com/talks/shubhendu sharma">www.ted.com/talks/shubhendu sharma an engineers vision for tiny forests ever <a href="https://www.ted.com/talks/shubhendu sharma">www.ted.com/talks/shubhendu sharma an engineers vision for tiny forests ever <a href="https://www.ted.com/talks/shubhendu sharma">www.ted.com/talks/shubhendu sharma</a> an engineers vision for tiny forests ever <a href="https://www.ted.com/talks/shubhendu sharma">www.ted.com/talks/shubhendu sharma</a> an engineers vision for tiny forests ever <a href="https://www.ted.com/talks/shubhendu sharma">www.ted.com/talks/shubhendu sharma</a> an engineers vision for tiny forests ever <a href="https://www.ted.com/talks/shubhendu/shub

#### A realistic vision of world peace

Jody Williams

https://www.ted.com/talks/jody williams a realistic vision for world peace

#### A queer vision of love and marriage

Tig Milan and Kim Katrin Milan

https://www.ted.com/talks/tig milan and kim katrin milan a queer vision of love and marriage

Danger - Seeing White, Part 11 (Challenging the vision of black-on-white violence) http://www.sceneonradio.org/episode-41-danger-seeing-white-part-11/

### Movies

**Selma:** <a href="https://www.rottentomatoes.com/m/selma/">https://www.rottentomatoes.com/m/selma/</a>

**Invictus:** https://www.rottentomatoes.com/m/invictus/

**Frida:** <a href="https://www.rottentomatoes.com/m/frida/">https://www.rottentomatoes.com/m/frida/</a>

**Seraphine:** <a href="https://www.rottentomatoes.com/m/seraphine">https://www.rottentomatoes.com/m/seraphine</a>

**IRIS:** https://www.rottentomatoes.com/m/iris 2015

trailer: https://www.youtube.com/watch?time continue=127&v=eIG2AoiHszY

Documentary of the visionary designer but really about seeing the world through your own distinct eyes.

The Social Network: <a href="https://www.rottentomatoes.com/m/the-social-network">https://www.rottentomatoes.com/m/the-social-network</a>?

**Field of Dreams:** https://www.commonsensemedia.org/movie-reviews/field-of-dreams Baseball film starring Kevin Costner

"Families can talk about dreams. How do you know when to follow a vision that seems crazy or foolish? What thoughts go into weighing the risks of certain choices? Is there a way to know for sure whether an idea is a good one?" - Common Sense Media review

# Songs

#### I Can See Clearly Now (Johnny Nash) -

Cover by Haeda: https://www.youtube.com/watch?v=sUUcQ3CdGi8

Cover by Grace VanderWaal: https://www.youtube.com/watch?v=ZcCp7488puc

Cover by Klapa Sinj & Iva Ajduković: <a href="https://www.youtube.com/watch?v=P89PlNkk0eY">https://www.youtube.com/watch?v=P89PlNkk0eY</a>

#### **Beautiful Vision (Van Morrison)**

Cover: <a href="https://www.youtube.com/watch?v=n6MHJXazFxs">https://www.youtube.com/watch?v=n6MHJXazFxs</a>

Beautiful vision, stay with me...

#### One Day (with No Woman No Cry mash up)

Matisyahu "

https://www.youtube.com/watch?v=188kmAtK 3E

#### Head Full Of Doubt/Road Full Of Promise

The Avett Brothers -

https://www.youtube.com/watch?v=QeYSqZPzwr8

There's a darkness upon me that's flooded in light

There was a dream and one day I could see it,

Like a bird in a cage I broke in and demanded that somebody free it

#### The World Is Ours

Aloe Blacc X David Correy -

https://www.youtube.com/watch?v=240THRFkCd4

I had an epiphany one night

Looking at the endless star filled sky

The world is ours...

#### A Better Life

Grace VanderWaal

https://www.youtube.com/watch?v=lHNF5G-Ufy4

close your eyes

And create yourself a better life

Let the wind blow through your hair

Let the music take you there

And make a better life

A better life

#### **Dreamer**

Isbells

https://www.youtube.com/watch?v=HqOno6pT3jA&list=RDXLCCdJSEq6c&index=6

Every time you stargaze

The whole world

Is lying at your feet...

### **Books**

### **Visionaries: People & Ideas to Change Your Life**

Jay Walljasper & Jon Spayde

https://www.amazon.com/Visionaries-People-Ideas-Change-Reader/dp/0865714452

#### On Looking: A Walker's Guide to the Art of Observation

#### Alexandra Horowitz

https://www.amazon.com/Looking-Walkers-Guide-Art-Observation/dp/1439191263 Read a wonderful essay on the book here:

https://www.brainpickings.org/2013/08/12/on-looking-eleven-walks-with-expert-eyes/
"Alexandra Horowitz shows us how to see the spectacle of the ordinary—to practice, as Sir
Arthur Conan Doyle put it, "the observation of trifles." Structured around a series of eleven
walks, On Looking features experts on a diverse range of subjects, including an urban
sociologist, a geologist, a physician, and a sound designer. Horowitz also walks with a child
and a dog to see the world as they perceive it. What they see, how they see it, and why most
of us do not see the same things reveal the startling power of human attention and... what it
means to be an expert observer..."

#### **Invisible Man**

Ralph Ellison

"I am invisible, understand, simply because people refuse to see me." – from the prologue. Essay about this classic's relevance for today: <a href="https://www.newyorker.com/books/page-turner/ralph-ellisons-invisible-man-as-a-parable-of-our-time">https://www.newyorker.com/books/page-turner/ralph-ellisons-invisible-man-as-a-parable-of-our-time</a>

#### **Future Themes**

Considering *how much* information is contained in each of the theme packets, we are opting to spend a few more weeks with some of the themes. Theme packets will be posted to our website, surreyunitarians.ca, on the Thursday prior to the theme starting. Here's what we'll be exploring this year:

- September 2 through to October 14 Vision
- October 21 to November 25 Memory
- December 2 to December 30 Mystery
- January 7 to February 17 Possibility
- February 24 to March 31 Journey
- April 7 to May 12 Curiosity
- May 19 to June 30 Beauty

If you'd like to join a small group, please contact Rev. Samaya.