



South Fraser Unitarians

*What does it mean to be a
People of Resilience?*



SFUC Thematic Packet
January and February 2021

Table of Contents

What Does It Mean to Be a People of Resilience?.....	1
Our Spiritual Exercises	1
Option A - Leaning into Bahai Spiritual Practices	1
Option B - Leaning into Buddhism Spiritual Practices.....	2
Option C - Root Your Resilience in Beauty	3
Option D - Widening the Circle of Concern.....	3
Option E - List 'Em and Share 'em	3
Option F - Which of the 13 is in Your Way?.....	4
Option G - Find Resilience in Our Recommended Resources.....	4
Your Question.....	5
Family Faith Formation	6
Books and Readings on Resilience.....	6
Family Activity.....	6
Family Movie	6
Companion Pieces	7
Word Roots & Definitions	7
Wise Words from the Bahá'í Tradition	7
Wise Words on Resilience	7
Music.....	10
Videos & Podcasts	10
Articles	11
Books	11
Movies & T.V.....	12
Future Themes	12

What Does It Mean to Be a People of Resilience?

When did we decide that resilience was a solo project?

It's not that we consciously defined it that way. It's just what we were taught, from the time we were little until, well, today. The same thing was - and is - said in so many ways: "Pull yourself up by your own bootstraps"; "You're stronger than you think."; "If at first you don't succeed, try, try again."; "What doesn't kill you makes you stronger." The cultural message is clear: resilience depends on you - your individual toughness and inner strength. It's a solo act.

And it's not just our culture, but our UU faith too. We also prop up this heroic and individualistic form of resilience. We UUs famously rejected the idea that human beings are depraved, sinful and weak and replaced it with the view that people are inherently worthy and strong. As [one leading UU voice](#) put it, "Our moral fiber is equal to all demands!" It's the ultimate "You can do it!" theology.

Yet at our best, we don't stop there. We say two things at the same time: "You can do it." *and* "You don't have to do it on your own!"

Remember those folk sayings that hold up the image of a tree being able to bend with the wind? Remember how they end with a message about resilience resting in our ability to flexibly lean and bend? Well, for us UUs, another kind of leaning is just as important: the practice of leaning on those next to us! Yes, bend with the wind we say, but also remember that no one makes it through the windstorms alone.

It's all a reminder that while resilience has a lot to do with what is *inside us*, it equally depends on what is *between us*. This is where our Soul Matters framing is so important: we are indeed a *people* of resilience. Forget solo act; think community choir! We survive our pain by having the strength to tell others about it. We find the courage to make our way through the dark only when we sense we are not alone. Internal and individual grit only gets us so far; empathy, assurance and love from others gets us the rest of the way. Resilience has everything to do with the water within which we swim and the web of connections that surround us. Resilient people arise from resilient relationships!

So friends, during the months of January and February, let's look around as much as look within. Let's let up on all the "grin and bear it" talk and instead grab the hand that is reaching our way. Let's help each other remember that resilience arises not so much when we dig deep but when we remember we don't have to do it all on our own!

Our Spiritual Exercises

Option A - Leaning into Bahai Spiritual Practices

In addition to prescribing daily prayer, Bahá'u'lláh also urged His followers to spend each day in meditation; specifically, to reflect at the end of each day on their deeds and their worth.

This month you are invited to lean into this practice by selecting a period of time – a week, two weeks, the entire month – to take time each evening to reflect on your day. Consider the times you were kind in

the day, the times when you were less than your best self, the times when you felt the sense of being connected to something larger than yourself.

Option B - Leaning into Buddhism Spiritual Practices¹

This month our leaning into Buddhism practice will be Metta meditation (loving kindness meditation) focusing on ourselves. Find time this month to do this practice as often as you are able. As you do this practice:

Observe how you feel body, mind, spirit? How do you feel towards yourself? Towards others?

Find a comfortable seated position and start with a few full, deep breaths to calm and center your mind and body. Metta means loving kindness in the Pali language. The idea is to start with loving kindness towards yourself and then when you are able to hold yourself with love and compassion, do this practice for others, first those who are close to you and then when you are able, extending the practice to people you have difficult relationships with, and on into the wider world.

Repeat these words several times, take a few breaths between each set:

May I be peaceful, happy, and light in body and spirit.

May I be safe and free from injury.

May I be free from anger, afflictions, fear, and anxiety.

What is the intention of this practice? In the words of Thich Nhat Hahn (see below for the link) “metta meditation is a practice of cultivating understanding, love, and compassion by looking deeply, first for ourselves and then for others. Once we love and take care of ourselves, we can be much more helpful to others. Metta meditation can be practiced in part or in full. Just saying one line of the metta meditation will already bring more compassion and healing into the world.”

His article gives more detailed instructions and tells you how to take this practice deeper if you wish to do this: <https://tricycle.org/magazine/cultivating-compassion/>

Here are examples of words you would use when extending the practice to others:

May she be peaceful, happy, and light in body and spirit.

May he be peaceful, happy, and light in body and spirit.

May they be peaceful, happy, and light in body and spirit.

May she be safe and free from injury.

May he be safe and free from injury.

May they be safe and free from injury.

May she be free from anger, afflictions, fear, and anxiety.

May he be free from anger, afflictions, fear, and anxiety.

May they be free from anger, afflictions, fear, and anxiety.

¹ Source: (Buddhist monk and Zen master Thich Nhat Hahn, “Cultivating Compassion: How to Love Yourself and Others” Tricycle Magazine, Spring 2015, see link)

Option C - Root Your Resilience in Beauty

“In my own worst seasons, I’ve come back from the colorless world of despair by forcing myself to look hard, for a long time, at a single glorious thing: a flame of red geranium outside my bedroom window. And then another: my daughter in a yellow dress. And another: the perfect outline of a full, dark sphere behind the crescent moon... until I learned to be in love with my life again. Like a stroke victim retraining new parts of the brain to grasp lost skills, I have taught myself joy, over and over again.”- *Barbara Kingsolver*

In our introduction, we talked about how resilience is about more than “digging deep.” Sources of resilience lie around as much as within. Or as Barbara Kingsolver suggests, the sources of resilience that are around us stimulate the strengths of resilience within us. Nothing does this better than beauty. It’s one of the most sacred forms of magic: Stare at something beautiful and slowly inner strength arises.

So, this month, make some room in your life for this magic. Your instructions are simple:

Stare at a single glorious thing each day for at least a week!

It can be the same glorious thing, or you can seek out a different one each day. It’s the “staring” that is the really important part. Give it your attention long enough to sink in. You will know when you are done; your body will tell you. Just stare until you, like Kingsolver, it teaches you joy once again.

And don’t get caught up in what “glorious” means. As Kingsolver affirms, a geranium is as glorious as the crescent moon.

Come to your group ready to share what you learned about the spiritual practice of “resilient staring.”

Option D – Widening the Circle of Concern

Join Rev. Samaya on Saturdays from 1-2 pm with your Black Lives Matter signs or any other sign promoting racial justice. For one hour we stand in front of Sunnyside United Church, our usual service location when it’s safe to meet in person, letting our community know that we take our mission statement seriously to heart when we say that we care by working for a just and sustainable world.

Come to your group ready to share what the experience meant to you and how it helps to widen the circle of concern you have for the world.

Option E - List ‘Em and Share ‘em

We are more resilient than we realize. Or maybe it’s more accurate to say we have more resiliency tricks up our sleeves than we give ourselves credit for. Over time we all accumulate go to strategies that help us maintain our resilience. The challenge is remembering them. So this month, bring your resiliency tools into greater awareness. Here’s how:

1. Carve out some time to make a list of your *TOP FIVE* resiliency practices and habits. For instance, here some from the lists of our Soul Matters facilitators:
 - Getting eight hours of sleep
 - Getting *some* exercise every day

- Creating external order – organizing the junk draw, cleaning the fridge, redesigning the workbench in the garage.
 - Make sure there is a veggie on every plate I eat (And make sure my hands stay out of potato chip bags!)
 - Meditating three mornings a week
 - Make my bed
 - Once-a-week email Sabbath
 - Family dinners with a family gratitude prayer
 - Spending time with animals
 - Knitting
 - Watching “The Daily Show”
2. After you list your top five, think about them more deeply using these questions:
 - Which resiliency practice/habit is “saving” you right now?
 - Which one have you let slide and need to start doing more of again?
 - Which one was given to you by someone else?
 - Which one did you discover on your own?
 - Which do you need to pass on to someone in your life?
 3. Share your list with a family member or close friend. Ask them if they recognize the list as true. Have them offer what they think is missing.
 4. Come to your group ready to share your insights from this exercise.

Option F - Which of the 13 is in Your Way?

Sometimes resiliency isn't about what we do right but what we do wrong. Sometimes we undercut our own resilience. The below article lists some of things that trip us up. So make some time this month reading through the article and identifying which of the 13 is in your way. And then take one step - large or small - to remove it from your life. Here's the article:

13 Things Resilient People Don't Do

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201501/13-things-mentally-strong-people-dont-do>

You might also think about interviewing a family member or close friend about which of the 13 they think is in your way. The insight from others almost always expands our own!

Option G - Find Resilience in Our Recommended Resources

Our recommended resources are full of wisdom about what it means to be a people of and a person of resilience. Engaging these resources and finding the one that especially speaks to you is a spiritual practice in and of itself.

So, if none of the above exercises call to you, engage the recommended resources section of this packet as your spiritual exercise for the month.

Set aside some regular time throughout a week to go through them and meditate on them until you find the one that most expands or deepens your understanding of belonging. 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 weeks leading up to your group meeting. Come to your group ready to share where the journey led you.

Your Question

As always, don't treat these questions like "homework" or a list that needs to be covered in its entirety. Instead, simply pick the single question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of blessing means for you and your daily living. So, which question is calling to you? Which one contains "your work"? Where is that question trying to lead you?

1. From the Bahá'Practice: The Nineteen Day Fast was instituted by Bahá'u'lláh. He stated that if capable, Bahá'ís between the ages of 15 and 70 should fast 19 days a year, going without food or drink from sunrise to sunset. It is essentially a period of meditation and prayer, of spiritual recuperation, during which the believer must strive to make the necessary readjustments in his inner life, and to refresh and reinvigorate the spiritual forces latent in his soul.

What are the practices you engage with to refresh and reinvigorate your connection with your soul/inner self?

2. One definition of resilience is the ability to return to one's original shape after it has been unexpectedly jolted, stretched, flattened, bent, etc. Where are you in the journey of resilience? Starting to feel pulled? Already significantly bent? Stretched and worried about snapping? Slowly returning to form? Still trying to figure out what's causing the kink? Gratefully back? Realizing there's no going back to that original shape?
3. When do you remember first watching one of your parents act resiliently?
4. What makes your resiliency unique?
5. Has someone else's resilience helped you survive? When did you not give up because they didn't give up?
6. How has your life partner made you more resilient?
7. What did your hardest moment teach you about yourself?
8. Is it possible that "Grin and bear it" is actually the worst advice you could be following right now?
9. Have you been trying to act strong for too long? Could it be that resilience is asking you to rest, just rest?
10. It is said that resilient people don't just struggle through their pain; they share their stories and hear the stories of others. So is it time for you to be a storyteller, not just a survivor?
11. Could it be that resilience is asking you to stop wishing things would go back to the way they were? Is it possible there's no going forward until you let go of the future you planned?
12. Why is it that you haven't wept yet for all you have lost?
13. Have you ever made it through hard times by believing what others may call "nonsense"?

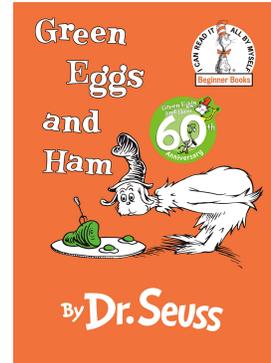
Family Faith Formation

Books and Readings on Resilience

Green Eggs and Ham, by Dr. Seuss

Video: <https://vimeo.com/315348071>

“Do you like green eggs and ham?” asks Sam-I-am in this Beginner Book by Dr. Seuss. In a house or with a mouse? In a boat or with a goat? On a train or in a tree? Sam keeps asking persistently. With unmistakable characters and signature rhymes, Dr. Seuss’s beloved favorite has cemented its place as a children’s classic. In this most famous of cumulative tales, the list of places to enjoy green eggs and ham, and friends to enjoy them with, gets longer and longer. Follow Sam-I-am as he insists that this unusual treat is indeed a delectable snack to be savored everywhere and in every way.. ” - Amazon



Family Activity

Here’s something that every family can do. You’ll want to come to a decision about how long to lie down in silence on the floor for. For families with young children, this might be two minutes, while families with older children or teens, this could be extended to ten minutes. Choose a time that is right for your family.

Gather together, and when you’re ready, ring a bell or bowl. Listen to it until they can’t hear it anymore.

Light your chalice to symbolize the fire element using words similar to, “I light our chalice, so we remember the element of fire which gives us a warm golden light to meditate by. We remember how fire is strong and resilient.

Lie down on the floor and feel the earth under you in your whole body. Then feel the earth in your body, in its heaviness, its bones, its minerals. Take a deep breath and feel the air going in and out of your body. Feel the golden glow, which is the warmth, the fire in your body. Feel the softness in your body which is the water. The water tells a story in your body. The fire glow tells a story in your body. The air tells a story in your body, the earth tells a story in your body. We are made up of the earth elements. We are a part of nature. We are part of the story of the earth. *At this point you’ll want to set your timer to the time you’ve previously agreed.*

Lie in silence together on the floor in silence. When the timer goes off, take some time to share about share what reflections people felt in the meditation.

Family Movie

Odd Squad

Review: https://oddsquad.fandom.com/wiki/Odd_Squad:_The_Movie

When a rival group of adults called Weird Team shows up with a gadget that can solve any odd problem, Odd Squad goes out of business and the agents are forced to disband and return to life as regular kids.

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 your thinking started and open you to new ways of thinking about what it means to be part of a people of belonging.

Word Roots & Definitions

We get resilience from the Latin *re* “back” and *saliens* “the beginning, the starting point, the heart of the embryo”. *Saliens* also holds the suggestion of movement; to leap, to flow, to run, to hurry. These images instill a sense of an active effort to return, retain and hold to that core heart of ourselves. Resilience is not a passive idea, it asks us to take action to sustain that beginning point, that core essential self.

Wise Words from the Bahá'í Tradition

We love to see you at all times consorting in amity and concord within the paradise of My good-pleasure, and to inhale from your acts the fragrance of friendliness and unity, of loving-kindness and fellowship. Thus counselleth you the All-Knowing, the Faithful. We shall always be with you; if We inhale the perfume of your fellowship, Our heart will assuredly rejoice, for naught else can satisfy Us.
Bahá'u'lláh

“Where there is love, nothing is too much trouble and there is always time.” *Abdu'l-Baha*

“Religion should unite all hearts and cause wars and disputes to vanish from the face of the earth; it should give birth to spirituality, and bring light and life to every soul. If religion becomes a cause of dislike, hatred and division, it would be better to be without it... Any religion which is not a cause of love and unity is no religion.” *Abdu'l-Bahá*

Ye dwell in one world, and have been created through the operation of one Will. *Gleanings from the Writings of Bahá'u'lláh, CLVI*

They whose hearts are warmed by the energizing influence of God's creative love cherish His creatures for His sake, and recognize in every human face a sign of His reflected glory. *Shoghi Effendi, The World Order of Bahá'u'lláh*

Wise Words on Resilience

Although the world is full of suffering, it is also full of the overcoming of it. *Helen Keller*

You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it. *Maya Angelou*

A river cuts through a rock not because of its power but its persistence. *Unknown*

The most delicate flower is still a badass, it sucks food from roots, stares at the sun and basks in it. It wrestles the wind, and drinks rain. *Rob Grad*

This thing we call 'failure' is not the falling down, but the staying down. *Mary Pickford*

Resilience is accepting your new reality, even if it's less good than the one you had before.
Elizabeth Edwards

Ultimately, resilience is learning from your past rather than resenting it. *Rev. Scott Tayler*

Anyone can slay a dragon, he told me, but try waking up every morning and loving the world all over again. *Brian Andreas*

Life's reality is that we cannot bounce back. We cannot bounce back because we cannot go back in time to the people we used to be. The parent who loses a child never bounces back. The nineteen-year-old who sails for war is gone forever, even if he returns. You know that there is no bouncing back. There is only moving through... What happens to us becomes a part of us. Resilient people do not bounce back from hard experiences; they find healthy ways to integrate them into their lives. *Eric Greitens*

You know that Glennon Doyle quotation about wanting her kids not to avoid fires but to know that they are fireproof and can survive hard things? That they are brave and resilient?

I want that for my fellow UUs too.

Doyle says in trying to protect our kids from all pain, we remove from them an essential tool they'll need if they're going to become the people we hope they'll be.

I want THAT for my fellow UUs too. *Rev. Janet Newton*

If your heart is broken, make art with the pieces. *Shane Koyczan*

You got to know when to hold 'em, know when to fold 'em, know when to walk away, and when to run. *Kenny Rogers*

If you need to fall apart, then do —
for Life will hold you in that,
will teach you how to desiccate and blow away
and then will call you back from the four corners of the earth
and will renew you with the water
of the tears of others
who
like you
weep for all that is lost.
She will breathe back into you
the breath that washes from the mouths of children laughing
from the lion's roar. *Rev. Audette Fulbright Fulson*

[Resilience] is to watch a gathering darkness until all light is swallowed up completely without the power to interfere or bring a halt. Then in that darkness, to continue one's journey with one's footsteps guided by the illumination of remembered radiance. *Howard Thurman*

Resilience is the strength and speed of our response to adversity, and we can build it. It isn't about having a backbone. It's about strengthening the muscles around our backbone. *Sheryl Sandberg*

I can be changed by what happens to me. But I refuse to be reduced by it. *Maya Angelou*

It's not the load that breaks you down, it's the way you carry it. *Lena Horne*

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?...
Did you want to see me broken?
Bowed head and lowered eyes?... *Maya Angelou*

School said I'm a slave
But kindred call me a queen
I exist between *Cherizar Crippen*

We Are Not Responsible, *Harryette Mullen*

Full poem at <https://www.slowdownshow.org/episode/2019/10/31/244-we-are-not-responsible-mullen>

On what resilience faces in a society that has not yet lived up to the true promise of democracy and equality...

Joy Unspeakable, *Barbara A. Holmes*

Full poem at <https://cac.org/joy-unspeakable-2018-05-23/>

Joy Unspeakable
is not silent,
it moans, hums, and bends...

joy unspeakable is
practicing freedom
while chains still chafe...
while Jim Crow stalks...

Sweet Darkness, *David Whyte*

When your eyes are tired
the world is tired also.
When your vision has gone
no part of the world can find you...

A Rainy Morning, *Ted Kooser*

Full poem at

<https://writersalmanac.publicradio.org/index.php%3Fdate=2014%252F04%252F25.html>

A young woman in a wheelchair,
wearing a black nylon poncho spattered with rain,
is pushing herself through the morning.
You have seen how pianists
sometimes bend forward to strike the keys...
Such is the way this woman...

The author Joan Didion wrote a memoir, *The Year of Magical Thinking*, about the death of her husband. Didion had been with her husband John for forty years... She describes the alternate reality she lived in while coping with her grief, a nonsense world where her physical strength and sense of meaning were shaky: "I stopped at the door to his closet. I could not give away his shoes. I stood there a moment, and then realized why: he would need shoes if he was to return. The recognition of this thought by no means eradicated the thought." In times of unfathomable grief, plain old truth is not enough... part of resilience is when we reach deep despite the facts, not knowing, in the end, if we are reaching for something true, but reaching anyway. There are times when making meaning seems impossible and when the truth is cruel. And when we search for those things, we do not know what we will find... There are people who have endured so much, who surprise us with an ability not only to function but to keep really living... And those among us whom we would call resilient are not always the strongest, or the smartest, or the most successful. They are often the ones who are acquainted with a little bit of nonsense. *Rev. Sadie Landsdale*

She who has not been tried,
what does she know? *MJ Abell*

Music

We create two different playlists for each monthly theme each month: one using Spotify and another using YouTube playlists. Music connects us to the themes in a way like nothing else. Follow the links below to connect with our "resilience songs"!

Click [here](#) for links to the [Spotify playlists](#) for each month.
Click [here](#) to check out the [YouTube playlists](#).

Videos & Podcasts

won't you celebrate with me

Lucille Clifton

<https://vimeo.com/197834578>

I, I, I. Him - Invisibilia Podcast

<https://podcasts.apple.com/us/podcast/invisibilia/id953290300?i=1000405617558>

What do you do when you lose big, and in the process lose yourself? How do you find yourself again? How do you get back?

How to Raise a Black Son in America - TED Talk

https://www.ted.com/talks/clint_smith_how_to_raise_a_black_son_in_america?referrer=playlist-talks_to_help_you_understand_r

Nothing is impossible - [Hari Budha Magar](#)

https://www.youtube.com/watch?v=P5KtMgWQO_o

A Former Gurkha soldier Hari Budha Magar who had both his legs amputated after being injured serving in Afghanistan. He is the first bilateral above-the-knee amputee to summit a peak upward of 19,000 feet

The Peace of Wild Things, Wendell Berry

On finding resilience in the wild things..

Video #1: <https://www.youtube.com/watch?v=hb-HgNzTylk>

Video #2: <https://vimeo.com/99893181>

Put to song: <https://www.youtube.com/watch?v=ObYb8EtZm78>

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.

Living Beyond Limits - TED Talk

https://www.ted.com/talks/amy_purdy_living_beyond_limits?referrer=playlist-talks_to_remind_you_that_life

On imagination and resilience. The story of Amy Purdy, who lost both her legs below the knee. And now is a she's a pro snowboarder.

“And it was then that I asked myself that life defining question: If my life were a book and I were the author, how would I want this story to go?... and that’s when my life began again...”

How Do You Mend A Broken Heart? - Soul Pancake

<https://www.youtube.com/watch?v=YbS5zBFwp7c>

Can We Feel and Laugh Our Way into Resilience? Seems So!

https://www.youtube.com/watch?time_continue=118&v=9WTC6CNhEHg&feature=emb_logo

Articles

things i did today to recover

adrienne maree brown

<http://adriennemareebrown.net/2016/11/09/a-range-of-reflections-on-resilience/>

Strategies of resilience after Donald Trump won the 2016 presidential election.

Black Women and The Sacred: With “Lemonade,” Beyoncé Takes Us To Church

<http://religiondispatches.org/black-women-and-the-sacred-beyonce-takes-us-to-church/>

“To make lemonade out of lemons is code for powerful spiritual practice in the hands of women. Since the beginning of chattel slavery in this country, black women have been magically making something from nothing, conjuring up lives for themselves and their families with nothing but crumbs, dust and ashes... “Lemonade” is a reminder of the revolutionary [and resilient] power of self-love...”

How Trauma Lodges in the Body - [On Being Podcast](#)

Found [here](#)

Powerful new uses of bodywork, yoga and eye movement therapy to strengthen resilience in the face of the overwhelming events... and “everyday suffering” as well.

Books

[Bailey’s Café](#), Gloria Naylor

[When Things Fall Apart: Heart Advice for Difficult Times](#), Pema Chodron. [Review](#)

[The Positive Power of Negative Thinking: On getting through the hard times by expecting the worst!](#)

[Julie K. Norem](#)

Movies & T.V.

[I Am Not Your Negro](#)

[If Beale Street Could Talk](#)

[Precious](#)

[When They See Us](#)

[He Named Me Malala](#)

[First Match](#)

[Pariah](#)

[Roma](#)

[127 Hours](#)

[The Shawshank Redemption](#)

[Rectify](#) (TV)

[Losers](#) (TV) - a [review](#)

Future Themes

Theme packets will be posted to our website, surreyunitarians.ca, on the Thursday prior to the theme starting. If you'd like to join a small group, please contact Rev. Samaya. Small groups typically meet:

- the third Monday evening of each month (except in November when the group will meet on the last Monday evening of the month); and
- the fourth Wednesday afternoon of each month.

Themes for the 2020-2021 year have been set! Look forward to the following:

March and April– What does it mean to be a people of wisdom?

May and June– What does it mean to be a people of play?



© 2019-2020 Soul Matters ALL RIGHTS RESERVED