



Soul Matters

What does it mean to be
a people of TRUST?



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Calendar Connections

Click on the name on each event for more information or inspiration.

Interfaith:

- [Nirvana Day](#)/Parinirvana Day (Buddhist) - Feb. 15 (more [here](#))
- [Chinese New Year](#) (Confucian, Daoist, Buddhist) - Feb. 5

Unitarian Universalist:

- Fannie Barrier Williams' [birthday](#) - Feb. 12 (1855)
- Susan B. Anthony's [birthday](#) - Feb. 15 (1820) (more [here](#))
- [The Edict of Torda](#) is issued - Feb. 18 (1568)

National & Cultural:

- [Black History](#) Month (more [here](#))
- Season for [Nonviolence](#) - Jan. 30 - April 4 (more [here](#))
- [Groundhog Day](#) - Feb. 2
- [Freedom to Marry](#) Day - Feb. 12
- Mardi Gras - Feb. 13
- [St. Valentine's Day](#) - Feb. 14
- [President's Day](#) - Feb. 19
- Louis Riel Day (Canada) - Feb. 19 (more here: <http://louisrielday.com/>)
- National Association for the Advancement of Colored People ([NAACP is founded](#)) - Feb. 12 (1909)
- Malcolm X assassinated - Feb 21 (1965)
- [Trayvon Martin](#) is shot by George Zimmerman - Feb. 26 (2012)

For Fun and On the Fringe:

- [Superbowl](#) Sunday - Feb. 4 (commercials [here](#))
- [Don't Cry Over Spilled Milk](#) Day - Feb. 11
- International [Darwin Day](#) (Darwin's Birthday) - Feb 12
- Random Acts of [Kindness Day](#) - Feb. 17 (more [here](#))

Chalice Lightings & Opening Words

With Faith to Face Our Challenges

Gary Kowalski

<https://www.uua.org/worship/words/reading/5844.shtml>

With faith to face our challenges,
With love that casts out fear,
With hope to trust tomorrow,
We accept this day as the gift it is—
A reason for rejoicing.
[Let us begin...]

We Can Trust the Light

Soul Matters

May we remember that this flame we light
has a source other than us -
one we can't control,
but can count on.
And so, today, may we lean into trust enough
to let go,
to put the vigilance down,
to pause and stop all the striving.
We can trust in the light.
May this be the faith we rekindled today.

The Blessings of Trust

Soul Matters

We gather today to receive the blessings of trust.
May the relationships in this room, help us notice we do not walk alone.
May the quiet we share, help us connect to and trust our deepest self.
May the music offered, help us feel and hold tight to the restorative rhythms of the world.
May the words offered, remind us that we too have a voice, one that must be trusted and shared.

Trust Must Be Rekindled

Soul Matters

We gather today to hear the call of trust.
Even though promises have been broken.
Even though the betrayals still sting.
Even though we're unsure about believing in ourselves.
Like this flame, trust is something that needs rekindled
Again and again.
May today lead us back to believing again.

Meditations, Prayers & Blessings

Trusting That Which is Deeper Than We Know

George Kimmich Beach

Full meditation found at <https://www.uua.org/worship/words/meditation/giver-of-being>

Excerpt: “We wait in these moments of stillness to let the hidden processes of healing and growth do their silent work within us... healing and growth, reconciliation and renewal—cannot be forced... we trust that which is deeper than we know...”

Trusting the Love that Knows Us and Always Awaits

Barbara Merritt

Full meditation found at <https://www.uua.org/worship/words/meditation/love-knows-you>

Excerpt: “In our prayers, we are “nestling in” with reality, adopting a stance that declares we trust what is “out there” and what is “inside.” In moments of meditation we assume a certain confidence, a faith that what is, is ultimately friendly, capable of supporting our life... No matter what befalls, no matter what you become, Love awaits...”

The Promise and the Practice: Repairing a Broken Trust

Connie Simon

Full meditation found at <https://www.uua.org/worship/words/prayer/promise-and-practice-pastoral-prayer-1>

Excerpt: “We gather in awareness of the opportunity before us... We have been given many chances before today to heal the wounds of the racism and oppression that have beset our denomination for many years and held us back from realizing the inherent worth and dignity of all Unitarian Universalists. We have made some progress, but we still have a long way to go.... We pray for resilience and determination... to make mistakes and to keep trying...”

May We Trust in the Spirit

Greta W Crosby

Full meditation found at <https://www.uua.org/worship/words/meditation/5484.shtml>

Excerpt: “May we trust in the spirit that will not be quelled forever, that rises up in people from some mysterious source, energy that comes again to affirm that people matter, their needs and aspirations matter...”

Psalm for the Wintered Soul (Trusting the “womb of our becoming”)

Cynthia Frado

Full meditation found at <https://www.uua.org/worship/words/meditation/psalm-wintered-soul>

Excerpt:

“In the deepest, darkest night of my wintered soul
I shall look thru the window of my expectant eyes...
Spring will come again,
this I know...”

Readings

Trust

Thomas R. Smit

Full poem found at <https://www.poetryfoundation.org/poems/50109/trust-56d22ce3845d0>

“...The package left with the disreputable-looking clerk...
all show up at their intended destinations...
And sometimes you sense how faithfully your life
is delivered, even though you can’t read the address.”

The Edge of Doubt

Albert Huffstickler

Full poem found at <http://www.ayearofbeinghere.com/2015/09/albert-huffstickler-edge-of-doubt.html>

There is always
that edge of doubt.
Trust it.
That's where
the new things come from...

Circles of Trust

Parker Palmer

<http://www.couragerenewal.org/approach/>

If we are willing to embrace the challenge of becoming whole, we cannot embrace it alone—at least, not for long: we need trustworthy relationships to sustain us, tenacious communities of support, to sustain the journey toward an undivided life. Taking an inner journey toward rejoining soul and role requires a rare but real form of community that I call a “circle of trust.”

Lamentation for Two Voices - Responsive Reading on beginning to rebuild broken trust

Erika A. Hewitt, Rebekah Savage

<https://www.uua.org/worship/words/responsive-reading/promise-and-practice-lamentation-two-voices>

American History

Michael S. Harper

Full poem found at <https://www.poets.org/poetsorg/poem/american-history>

“...Can’t find what you can’t see
can you?”

Let America Be America Again (on the broken trust upon which America is built)

Langston Hughes

Full poem at <https://www.poets.org/poetsorg/poem/let-america-be-america-again>

“O, let America be America again—
The land that never has been yet—
And yet must be—the land where every man is free...”

Trust (On Trusting in Yourself)

Rumi

You were born with potential.
You were born with goodness and trust.
You were born with ideals and dreams.
You were born with greatness.
You were born with wings.
You are not meant for crawling,
so don't.
You have wings.
Learn to use them and fly.

Blessing for the Brokenhearted (A heart that trusts its own beating)

Jan Richardson, From The Cure for Sorrow: A Book of Blessings for Times of Grief

Full poem found at <http://paintedprayerbook.com/2014/02/10/a-blessing-for-the-brokenhearted/>

“Let us agree
for now
that we will not say
the breaking
makes us stronger...
Perhaps for now
it can be enough
to simply marvel
at the mystery
of how a heart
so broken
can go on beating,
as if it were made
for precisely this...
as if it trusts
that its own
persistent pulse
is the rhythm
of a blessing
we cannot
begin to fathom
but will save us
nonetheless.”

The Untrustworthy Speaker

Louise Glück

Full poem here: <https://wordsoftheyear.com/2015/07/01/the-untrustworthy-speaker-by-louise-gluck/>

“...That’s why I’m not to be trusted.
Because a wound to the heart
is also a wound to the mind.”

Wait (Trusting Time)

Galway Kinnell

Full poem at <http://www.ayearofbeinghere.com/2014/10/galway-kinnell-wait.html>

Wait, for now.

Distrust everything, if you have to.

But trust the hours. Haven't they
carried you everywhere, up to now?

Trusting Grief

John O'Donohue

Full poem at <http://www.ayearofbeinghere.com/2015/12/john-odonohue-for-grief.html>

When you lose someone you love...

It becomes hard to trust yourself.

All you can depend on now is that
Sorrow will remain faithful to itself.

More than you, it knows its way...

Let Your Gratitude Grow into Trust

Rev. Steve Garnaas-Holmes

Begin with gratitude

for all you have received,
that you see and that you do not see.

Let your gratitude grow into trust

that you are included in a great wonder;
and entrust yourself to the grace you are given.

Let your trust blossom into compassion

for all those who are also part of this oneness
who have been excluded, used or targeted.

Let your compassion flourish into solidarity,

knowing you are one with those who suffer
and that their wholeness is part of yours.

Let your solidarity bear fruit in justice,

working for freedom and fullness of life for all,
against all evil and oppression.

And when you are most challenged

by the forces of injustice,
most weary and discouraged,

return to gratitude

that you are guided, accompanied,
empowered and saved;
and entrust yourself to the undying love of God.

Music

Soul Matters Music Resources

Check out these five sources of support for music:

1. **Monthly Small Group Packet:** Our small group packets also contain music recommendations on the theme. These are intended for personal devotion and inspiration not community worship, but often the list does contain songs that can be used for worship services.
2. **UUMN (UU Musicians Network) Online Database:** The wonderful leadership of the UUMN have added our monthly themes to the UUMN music database. This provides a centralized place for Soul Matters musicians to post and share music ideas with each other. You also get to tap into the suggestions from other UU musicians from around the country. You can access the UUMN Music Database [here](#). More detail is provided on the "[music resources](#)" page in the members-only section of our Soul Matters website.
3. **Soul Matters Music Support Facebook Page:** This support page is for on-going sharing among Soul Matters musicians. Click [here](#) to go to the Facebook page.
4. **Soul Matters Worship Support Facebook Page:** This support page is for on-going sharing among worship leaders and teams. It is also a great source of music support. Click [here](#) to visit the page.
5. **Soul Matters Spotify Playlists:** We create a [Spotify](#) playlist for each month that includes a number of songs on the monthly theme. This is intended to provide inspiration for our small group participants but might be useful to musicians. Click [here](#) for links to the Spotify playlists for each month.

Suggestions from Soul Matters Music Resources Coordinator, [Sara Brandt-Doelle](#)

Hymns -Easier to Lead & Sing

15	The Lone, Wild Bird
1	May Nothing Evil Cross This Door
20	Be Thou My Vision
30	Over My Head
40	The Morning Hangs a Signal
56	Bells in the High Tower
95	There Is More Love Somewhere
108	My Life Flows On in Endless Song
123	Spirit of Life
344	A Promise through the Ages Rings
348	Guide My Feet
391	Voice Still and Small
396	I Know This Rose Will Open
409	Sleep, My Child
1012	When I Am Frightened
1015	I Know I Can
*1020	Woyaya
1021	Lean On Me
1023	Building Bridges
1024	When the Spirit Says Do
1045	There Is A Balm In Gilead

Recommended Choral or Vocal Pieces

- All Manner of Things Shall be Well - There are various settings of this text
- Be like the Bird Abbie Betinis - <https://www.youtube.com/watch?v=kEANteNYOh0>
- Didn't My Lord Deliver Daniel - Arr Moses Hogan - <https://www.jwpepper.com/Didn%27t-My-Lord-Deliver-Daniel/3180163.item#/submit>
- I Believe - Mark Miller - <https://www.jwpepper.com/10907412.item#/submit>
- I am Willing- Holly Near
- Trust the Seeds - Elizabeth Alexander - <https://www.seafarerpress.com/works/trust-the-seeds>
- When I Close My Eyes - Jim Papoulis - <https://www.jwpepper.com/When-I-Close-My-Eyes/3299169.item#.XARK12hKi00>
- Give Yourself to Love - Kate Wolf - <https://www.katewolf.com/song/give-yourself-to-love/>
- Spiritual - Ysaye Barnwell - <https://www.jwpepper.com/Spiritual/10288420.item#/submit>
- I Will Be Your Standing Stone - MUSE Choir <https://www.youtube.com/watch?v=YminLnyYU5w> & <https://www.youtube.com/watch?v=wpMW8-Nx4T0>

Sermon Seeds

Angles, Ideas & Twists To Get Your Sermon Started!

Don't forget to explore the small group packet for additional sermon seeds. It contains quotes and poems to enhance your sermon, as well as numerous sermon angles in the questions and the spiritual exercises.

Book: Tears We Cannot Stop: A Sermon to White America

Michael Eric Dyson

<https://www.uuabookstore.org/Tears-We-Cannot-Stop-P18180.aspx>

On America facing the fact that trust has been broken: "Short, emotional, literary, powerful-Tears We Cannot Stop is the book that all Americans who care about the current and long-burning crisis in race relations will want to read... Dyson argues that if we are to make real racial progress we must face difficult truths, including being honest about how black grievance has been ignored, dismissed, or discounted."

Article: Black Women and the Sacred: Beyoncé-Takes-Us-to-Church

Yolanda Pierce

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

On the consequences of and resilient response to the broken trust and the heart of racism. "The water imagery in "Lemonade" is about barely keeping one's head above water after betrayal, heartbreak and pain... 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..."

Paper: Reparations...The Time is Now

http://comingtothetable.org/wp-content/uploads/2018/01/Reparations_Guide_Jan2018.pdf

A study and resource guide that calls us to see reparations as central to rebuilding the broken trust at the center of race relations.

Book: Mindful of Race

Ruth King

<https://ruthking.net/mindful-of-race/>

On race and rebuilding trust from the perspective of mindfulness and meditation.

Reflection: The Bruise That Never Heals

Dawn Skjei Cooley

<https://www.uua.org/worship/words/reading/bruise-never-heals>

On microaggressions. Asks: Can we trust each other to notice and apologize for moments of opps and ouch?

Reflection: To All Get Free Together

Chris Crass

<https://www.uua.org/worship/words/reading/all-get-free-together>

Can we be trusted to do the work?

Article: A World Where We Trust Strangers

<http://www.dailygood.org/2017/01/22/a-world-where-we-trust-strangers/>

"Something profound is changing our concept of trust, says Rachel Botsman in this TED talk. While we used to place our trust in institutions like governments and banks, today we increasingly rely on others, often strangers, on platforms like Airbnb and Uber and through technologies like the blockchain. This new era of trust could bring with it a more transparent, inclusive and accountable society -- if we get it right."

Quote: Fred LaMotte (Trust the Home That is Each Other)

When times are dark
the way becomes clear.
Trust in your breath.
Rest in your heart.
Bow to the stranger.
This is the gospel of astonishment.
If we are completely lost
we come home
to each other.

Video: The Anatomy of Trust

Brené Brown

<https://brenebrown.com/videos/anatomy-trust-video/>

Trust is built in the small moments not the grand gestures!

Book: The Science of Trust: Emotional Attunement for Couples

John M. Gottman

<https://www.amazon.com/Science-Trust-Emotional-Attunement-Couples-ebook/dp/B005459RHI>

Article about the book: <https://www.psychologytoday.com/us/blog/the-older-dad/201303/do-i-trust-you-anymore>

Video: How to Build and Re-build Trust

Frances Frei

https://www.ted.com/talks/frances_frei_how_to_build_and_rebuild_trust

On rebuilding and sustaining trust. Want to be trustworthy? Learn about and offer others the three core components of trust: authenticity, rigorous logic, empathy.

Article: The Ten Best Ways to Build Trust by Eric Barker

<https://www.bakadesuyo.com/2013/07/build-trust-in-a-relationship/>

Quote: Fiona Apple

When you're surrounded by all these people, it can be even lonelier than when you're by yourself. You can be in a huge crowd, but if you don't feel like you can trust anybody or talk to anybody, you feel like you're really alone.

Quote: Henry Stimson

The only way you can make a (person) trustworthy is to trust [them].

Reflection: Somehow I'm Always Held

Jeff Foster

Full reading at <http://www.awakin.org/read/view.php?tid=2306>

“There were times when I thought I'd never make it, times when my dreams had been shattered so thoroughly I couldn't imagine how life could ever go on. Yet it went on, and [so]... I have come to trust life completely, trust even the times when I forget how to trust at all, trust that life doesn't always go according to plan, because there is no plan... somehow I am always held, in a way I cannot explain and do not want to. I may be crushed yet again before too long, I may experience further seemingly insurmountable challenges and heartbreaks, but somehow I am always held...”

Quote: Alan Watts

To have faith is to trust yourself to the water. When you swim you don't grab hold of the water, because if you do you will sink and drown. Instead you relax, and float.”

Talk: The Power Of Trusting The Universe - Alan Watts

<https://www.youtube.com/watch?v=-CVCT1laC0o>

Quote: Rumi

As you start to walk out on the way, the way appears.

Sermon Snippet: [Rev. Doug Taylor](#)

While at Pendle Hill, Palmer opened up to his anxiety and talked with others about it. Whenever he did this he would be offered a response that is fairly typical among Quakers: “The way will open, proceed as the way opens.” It is a statement of trust, of faith! It says, ‘relax, be patient with yourself, and trust that the next step will become clear.’ “Proceed as a way opens.”

Quote: [Richard Rohr](#)

I believe that faith might be precisely that ability to trust the Big River of God's providential love...This is a divine process that we don't have to change, coerce, or improve. We just need to allow it and enjoy it. That takes immense confidence, especially when we're hurting. Usually, I can feel myself get panicky. Then I want to quickly make things right... Soon I tend to be overly focused in my head to such a point that I don't really feel or experience things in my heart and body. I'm oriented toward goals and making things happen, trying to push or even create my own river. Yet the Big River is already flowing through me and I am only one small part of it...”

Reflection: How to Trust That You'll Be Okay No Matter What

Leslie Ralph

Full reflection at <https://tinybuddha.com/blog/trust-youll-okay-no-matter/>

“You don't need to see the details to trust that you'll figure them out when the time is right, and... you don't need to know exactly how every piece will play out to know what the most important pieces are... I'm not saying, “Let's all throw caution to the wind from now until forever.” Make plans, yes, but there's no need to obsess over the details if the details aren't clear... go ahead, daydream, plan, manifest, make a vision board, or whatever calls to you. Just remember to begin from living and breathing the truth: that you will find a way to be okay no matter what.

I have no idea where I'll be working five years from now, what our house will look like, what we'll do on the weekends, if I'll have lost the baby weight, or if I'll dye my greys, but I do trust myself to make the call when the time is right. I don't know all the when's, where's, or even how's, but I do know how I want to feel and what I hold nearest to my heart....”

Poem: Trusting Grief by John O'Donohue

Full poem at <http://www.ayearofbeinghere.com/2015/12/john-odonohue-for-grief.html>

When you lose someone you love...
It becomes hard to trust yourself.
All you can depend on now is that
Sorrow will remain faithful to itself.
More than you, it knows its way...
Gradually, you will learn acquaintance
With the invisible form of your departed...

Reflection: Trust

Julia Fehrenbacher

Found at <http://www.paintedpath.org/2009/10/trust.html>

Excerpt: "It's not always easy to trust ourselves. Most of us didn't grow up with constant messages about finding our bliss and following it no matter what. Most of us grew up thinking we needed to care a lot about what others thought of who we are and what we are doing. We were taught to look over our shoulder and "be careful," to "watch our step." We were taught about being practical and keeping "our head out of the clouds." We were taught about being realistic and "playing it safe." We were taught that we need to "put our nose to the grindstone." We were taught to work hard, to be determined, to please others, to be polite...."

The Invisible Gorilla: How Our Intuitions Deceive Us

Christopher Chabris

https://www.amazon.com/gp/product/0307459667/ref=as_li_ss_tl?tag=spacforrent-20&ie=UTF8

On being able to trust ourselves

Article: Can You Trust Your Gut? By Eric Barker

<https://www.bakadesuyo.com/2013/01/malcolm-gladwell-accurate-judgments-blink/>

Article: Why You Can Not Trust Yourself?

<https://markmanson.net/trust>

Podcast: The Science of Trust: Economics and Virtue by Paul Zak

<https://onbeing.org/programs/paul-zak-the-science-of-trust-economics-and-virtue/>

Excerpt: "I discovered that trust was sort of the big gun economists have been looking for. It's really the most powerful lever we've found to date to understand why countries are rich or poor..."

Article: Trust is Collapsing in America

Uri Friedman

<https://www.theatlantic.com/international/archive/2018/01/trust-trump-america-world/550964/>

Excerpt: "'In God We Trust,' goes the motto of the United States. In God, and apparently little else. Only a third of Americans now trust their government "to do what is right" ... Forty-two percent trust the media... Trust in business and non-governmental organizations, while somewhat higher than trust in government and the media, decreased by 10 and nine percentage points, respectively... never before recorded such steep drops in trust in the United States."

Article: Is Trust Still Possible in the U.S.? - NY Times

Joseph Heath

Full article here: <https://www.nytimes.com/interactive/projects/cp/opinion/election-night-2016/is-trust-still-possible-in-the-u-s>

Excerpt: “At some point, an excess of doubt and distrust becomes unhealthy. It begins to undermine the possibility of public dialogue about important issues. How can we have a debate over criminal justice, for instance, when a majority of Americans refuse to believe that crime has been declining? The end point of universal doubt seems to be not progress, but corrosive cynicism. You can see this with Mr. Trump’s claim that the entire system is “rigged.” It has been taken by many of his followers as a license to believe pretty much anything that they would like to believe. The unemployment rate, immigration levels — nothing is as it seems. Inconvenient facts are just more evidence of a rigged system. The culmination of this tendency is the belief that the election as a whole is being rigged and, thus, the presidency illegitimate...”

Article: Restoring Social Trust is Essential

David Brooks

<https://www.timesunion.com/opinion/article/David-Brooks-Restoring-social-trust-is-essential-12988950.php>

“What you see then is not merely a disagreement about trade or this or that, but two radically different modes of politics, which you might call high-trust politics versus low-trust politics...”

Quote: H.L. Mencken

It is mutual trust, even more than mutual interest that holds human associations together.

Reflection: Being Brave Is Stepping Backward and Trusting Our Children - On Being

<https://onbeing.org/blog/being-brave-is-stepping-backward-and-trusting-our-children/>

“As parents, we spend a lot of time worrying about our children. We fret about the degree to which our parenting affects their development and well-being. Yet children are actually emancipated individuals who would spare us the insecurities of raising them, if we would trust them...”

Video: Why Should we Trust Scientists

Naomi Oreskes

https://www.ted.com/talks/naomi_oreskes_why_we_should_believe_in_science

“Many of the world's biggest problems require asking questions of scientists -- but why should we believe what they say? Historian of science Naomi Oreskes thinks deeply about our relationship to belief and draws out three problems with common attitudes toward scientific inquiry -- and gives her own reasoning for why we ought to trust science. [spoiler alert: She says the secret involves the way scientists *distrust* each other!]”

Quote: Closing affirmation to our Unitarian Universalist Statement of Principles

As free congregations we enter into this covenant, promising to one another our mutual trust and support.

Recommended Sermons

Swimming Lessons

Jake Morrill

<https://www.patheos.com/blogs/uucollective/2013/12/swimming-lessons/>

“As a swimmer learns to trust that water will hold a body, so, too, must a person learn to trust in the Holy. With my pressed khaki pants, and a haircut that shone, I delivered the message with messianic conviction. I told the congregation that they and I would be learning to risk faith together. It would require us to allow ourselves to be known and to be held in the Spirit, as a swimmer is held by the water. As a sign of my willingness to be seen as imperfect—lest there be any doubt—I confessed to them that I didn’t know how to swim...”

Trust

Meg Barnhouse

<http://austinuu.org/wp2013/trust-and-welcome/>

“What does it mean to trust someone? What are the depths of being hospitable? How far do you go with people who take you places you didn’t want to go? These are life-balance questions that we must address on the road to emotional and spiritual maturity, both as individuals and as a congregation. We get a chance to practice here.”

The Healing Is Not Done

Rebekah Savage

<https://www.uua.org/worship/words/homily/promise-and-practice-healing-not-done-reflection>

“I play this moment over and over again in my head: the day I heard of the Thomas Jefferson Ball, hosted by Unitarian Universalists in 1993... I grieve for the hurts that this time in our history caused. I grieve for those who left our communities because of how this event was handled, which broke their trust in finding spacious rest in our congregations from the pervasive, violent racism in our country...”

The Anatomy of Trust

Brené Brown

Well known author and speaker gives a talk which is clearly a sermon!

<https://brenebrown.com/videos/anatomy-trust-video/>

Trust is built in the small moments not the grand gestures!

A House of Hope

Jay Wolin

<https://jwoworld.blogspot.com/2012/09/a-house-of-hope.html>

“This is also at the core of our religion as our principles that ask us to encourage spiritual growth in our congregation. It is at the core of our congregational vision that asks us to feed the mind and spirit. Hope comes from looking forward and knowing we can change and grow and knowing that we will have good people to walk on our religious journey together with. And that is a key to hope. It is forever connected to trust. First and foremost we have to trust in the universe that there is a purpose to our existence. But even more importantly, even if there is no purpose, we have to trust each other.”

Trust Love

Rev. Sandra Fees

<https://www.uuberks.org/sermon/trust-love>

“In a sermon about trusting love, I’ve spent a lot of time talking about when not to trust. That’s because I see so many people who give their trust away without thinking, who give their trust without realizing that it is a precious gift we give to another person and that is given to us. It deserves to be cherished, to be serious, not casual.”

Building Blocks of Life

Justin Schroeder

<https://firstuniv.podbean.com/e/november-5-2017-sermon-by-rev-justin-schroeder-building-blocks-of-life/>

“We know that DNA is the essential building block for all of life. But more than just DNA is needed to build a fruitful, healthy, and vibrant human life. Trust is a critical building block, a foundation upon which we can build a life strong enough to carry us through heartbreak and setback. In what do you place your trust? What holds you when there seems to be nothing to hold on to? In a world that can feel untrustworthy, what are your sources of trust?”

Trust Me

Douglas Taylor

<http://uubinghamton.org/2012/03/trust-me/>

“I thought this sermon was going to be about learning to trust yourself. But around midnight on Saturday I realize the sermon was about learning to trust life....”

Closing Words

With Faith to Face Our Challenges (adapted for closing words) - Gary Kowalski

<https://www.uua.org/worship/words/reading/5844.shtml>

[May we leave here today...]

With faith to face our challenges,
With love that casts out fear, [and]
With the hope to trust tomorrow.

Trust the Home That is Each Other - Fred LaMotte

When times are dark
the way becomes clear.
Trust in your breath.
Rest in your heart.
Bow to the stranger.
This is the gospel of astonishment.
If we are completely lost
we come home
to each other.

Practice Trust - Marilyn McEntyre

Full poem and closing words at

<http://www.ayearofbeinghere.com/2013/12/marilyn-mcentyre-what-to-do-in-darkness.html>

Go slowly...
Practice trust
Watch for dawn..

Promise and the Practice Benediction #3 - Kimberly Quinn Johnson

<https://www.uua.org/worship/words/benediction/promise-and-practice-benediction-3>

We are the ones we have been waiting for.*
We are not perfect, but we are perfectly fitted for this day.
We are not without fault,
but we can be honest to face our past as we chart a new future.
We are the ones we have been waiting for.
May we be bold and courageous to chart that new future
May we have faith in a future that is not known
We are the ones we have been waiting for.*

*the words of June Jordan in "Poem for South African Women," which she presented at the U.N. on August 9, 1978

You Are in the Story of the World - Ean Huntington Behr

<https://www.uua.org/worship/words/closing/151355.shtml>

You are in the story of the world.
You are the world coming to know itself.
May you trust that all you will ever say or do
Belongs in the story of the world.

Opportunities For Support & Inspiration

Worship Leader Support Facebook Page:

<https://www.facebook.com/groups/soulmatterssharingcircle/>

Ministers' Support Facebook Page:

<https://www.facebook.com/groups/719788338192570/>

Online ministers' brainstorming groups:

First Tuesdays and First Thursdays of each month at 1pm eastern

Online musicians' brainstorming group:

Second Thursdays of each month at 1pm eastern

Inspiration Facebook Page:

<https://www.facebook.com/soulmatterssharingcircle/>

Soul Matters Spotify Music Playlists:

<https://www.soulmatterssharingcircle.com/spotify-lists.html>

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