

OCTOBER 2011

Change Loss
Death Grief
Letting Go

Mission of the Unitarian Universalist Church of Santa Clarita

The Unitarian Universalist Church of Santa Clarita Valley enhances the lives of members through spiritual development and active service in the community. We offer a diverse, non-dogmatic spiritual home to all who share our values as defined by the Unitarian Universalist Association. We provide a liberal religious voice, a social justice presence in the Santa Clarita Valley, and a stimulating and supportive environment to help our members on their own spiritual journeys during all stages of their lives.



In October we bear witness to many changes in the natural world: days become shorter and cooler, trees begin to release their hold on leaves. October is a threshold month, inviting us to step consciously from the verdant fields of Summer into the scarcity of Winter.

It is a month in which we are reminded that nothing is more constant than change.

That constant, and the way it can take us by surprise, chill us with fear, anger, denial and resentment (or, conversely, inspire joyful anticipation and relief) is one of the hallmarks of human experience.

It unites us with loved ones, friends and strangers the world over.

This month you are invited to notice the changes evident within

all the landscapes of your life.

What are they, and what feelings do they prompt?

What or whom are you needing to release, in order to move more freely into this new season? What inner spaciousness might you find or create in doing so? How might you be a source of insight, inspiration, and courage to those who walk a similar path?

When you experience loss, where in your body do you feel it? Does it have a taste? A smell?

How do you grieve?

What thoughts or deeds give you comfort?

(Try to doodle or draw your response)

Unitarian Universalists of Santa Clarita Valley



2011

Website: <http://uofscv.org>

While there are many paths to spiritual growth, it helps to regularly set aside time to think deeply about our experiences and how they relate to our core values. This year each month's worship services at UUofSCV will lift up a particular theological theme for your reflection. You may also choose to engage with that theme by reading some of the books recommended here, watching movies related to the theme, discussing and/or journaling your thoughts, creating art, poetry or music, or engaging in service. May your insights unfold gently and joyfully, inspiring acts of love.

In Awe & Gratitude,
Rev. Stefanie (RevSteffi@gmail.com)

Immortality, by Barbara Cogswell

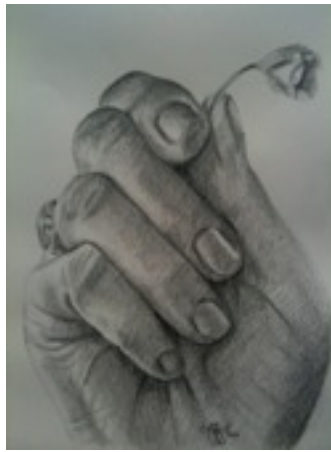
We were not ready to let you go
although we knew... we always know.

Even so, we thought there would be time
for that apology
to get those dates and places straight
to giggle and gossip over tea and honey

We bring fresh flowers in
We light these candles
Knowing *their* lives are brief

It is the nature of blossoms to fade, wilt
Yet their perfume lingers, sweeter now
Candles gutter, and go out
A wisp of smoke rises, disappears

Memories long tucked away
on some dusty shelf
are randomly reclaimed
by the clink of a teaspoon in a cup



**“All living substance, all
substance of energy, being
and purpose, are united and
share the same destiny...may
we have the faith to accept
this mystery and build upon
its everlasting truth.”**

(adapted from words by David Easton found in
the Singing the Living Tradition Hymnal,
SLT #557

May the following random
compilation of films, books and
quotes lifting up an element of this
month's theme inspire you to
engage meaningfully with it -
reflecting upon your own
experiences of death, change, loss
and grief, and how these relate to
your religious values.

MOVIES:

- The Bucket List (PG-13)
- Interview with a Vampire (R)
- Thelma & Louise (R)
- Ghost (PG-13)
- What Dreams May Come (PG-13)
- How To Die in Oregon (NA)
- Tree of Life (PG-13)
- Caspar (PG)
- Ice Age (G)

BOOKS FOR ADULTS:

- Life and Loss. By Bob Deits
- One Year to Live. By Stephen Levine
- The Year of Magical Thinking. By Joan Didion
- On Death and Dying. By Elisabeth Kubler-Ross

- Switch: How To Change Things When Change is Hard. By Chip & Dan Heath
- Still Here: Embracing Aging, Changing and Dying. By Ram Dass

BOOKS FOR CHILDREN:

- Tear Soup. By Pat Schweibert
- Grandma's Scrapbook. By Josephine Nobisso
- Sad Isn't Bad. By R. W. Alley
- What Was I Scared Of? By Dr. Seuss
- The Next Place. By Warren Hanson
- Lifetimes. By Bryan Mellonie and Robert Ingpen

RESOURCES FROM THE SINGING THE LIVING TRADITION HYMNAL:

- #468, We Need One Another. By George Odell
- #646, The Larger Circle. by Wendell Berry
- #558, For Everything There is a Season. Ecclesiastes 3
- #718, All Souls, by May Sarton
- #720, We Remember them, by Roland Gittelsohn
- #721, They Are With Us Still, by Kathleen McTigue

Quotes to ponder:

- The key to change is to let go of fear. Rosanne Cash
- For everything you have missed, you gained something else, and for everything you gain, you lose something else. Ralph Waldo Emerson
- If you suppress grief too much it can well redouble. Moliere
- Because things are the way they are they will not stay the same. Bertolt Brecht
- Everyone things of changing the world, but no one things of changing himself. Leo Tolstoy
- We must build dikes of courage to hold back the flood of fear. Martin Luther King Jr.
- When you are sorrowful look again in your heart, and you shall that in truth what you are weeping for is that which has been your delight. Kahlil Gibran
- Sorrow makes us all children again – destroys all differences of intellect. The wisest know nothing. Ralph Waldo Emerson

Next month's theme:

In **NOVEMBER** we explore FAITH, which can be known as a thing to inherit, discover, cultivate, explore, have, challenge, reject, protect, hide behind, find solace within, proclaim, and/or be motivated by. It can be a noun or a verb. Faith is lifted up as the best way to make the impossible possible - and it's blamed for blinding the gullible to important truths. What is faith? What does it mean for Unitarian Universalists to be a "People of Faith"? What tests or inspires your Faith? Look for next month's Resource Flyer and attend our October Sunday services at 10:30 am -22900 Market St., Newhall, CA

Have a poem, drawing, book or movie recommendation for next month's issue on "FAITH", or for inclusion in an upcoming worship service?

Want to help organize a movie outing or group discussion or share information about a service project relating to a planned monthly theme?

Contact the Committee on Shared Ministry or Rev. Stefanie (RevSteffi@gmail.com)