



CONNECTIONS

Connections between us create the bond of community that is the life blood of Beacon Congregation. Our seventh Unitarian Principle, 'Respect for the interdependent web of all existence' underlines the importance of connections between all life: including between thoughts and actions, between life and death, between the known and the unknown universe. There simply would be no 'us' without the connections or relationships that define and inform and inspire our existence.

So profound is this idea that when you begin to unravel it you soon realize that truly understanding what it means 'to be in connection with...', could transform your life.

This is the last theme for the 2014-2015 church year... the Soul Matter's Groups will be meeting for the last time this month, and the last Sunday service on June 21 will be a day to celebrate our connections. I hope you have a wonderful summer connecting to yourself, your friends and family and the earth. Warmly, Debra

QUOTES:

"I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship." - Brene Brown

"We are like islands in the sea, separate on the surface but connected in the deep."

-William James

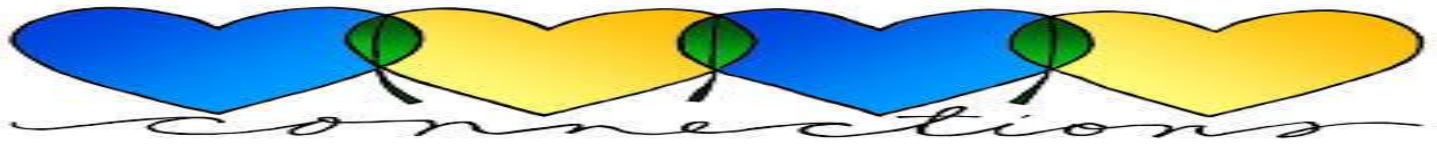
"It really boils down to this: that all life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one destiny, affects all indirectly."

-Martin Luther King Jr.



Questions to live Into:

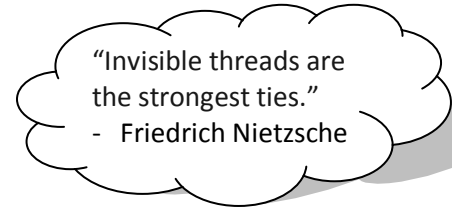
- Who or what do you need to connect—or reconnect—with in your life? What keeps you from making this connection? What do you need in order to make these connections?
- Have you experienced a moment of synchronicity that was particularly meaningful to you? How did it affect your sense of being connected?
- What are the interdependencies in your daily life? What communities do you belong to, how do they enrich you, how do you enrich them? Who depends on your support and encouragement? Who do you nurture? Who do you rely upon for support, encouragement, and nurturing?



OUR SEVENTH PRINCIPLE Our seventh Principle, respect for the interdependent web of all existence, is a glorious statement. Yet we make a profound mistake when we limit it to merely an environmental idea. It is so much more. Our seventh Principle may be our Unitarian Universalist way of coming to fully embrace something greater than ourselves. The interdependent web—expressed as the spirit of life, the ground of all being, the oneness of all existence, the community-forming power, the process of life, the creative force, even God—can help us develop that social understanding of ourselves that we and our culture so desperately need. It is a source of meaning to which we can dedicate our lives.” Rev. Forrest Gilmore, Executive Director of Shalom Community

BOOKS TO INSPIRE

- The Human Connection -Ashley Montagu
- A visit from the goon squad - Jennifer Egan (YA)
- The Golden Compass - Philip Pullman (YA)
- Wild Connection - Jennifer Verdolin
- All the Light We Cannot See - Anthony Doerr (Pulitzer Prize winner)
- Up in the Garden Down in the Dirt - Kate Messner (children)



MOVIES TO INSPIRE

- The Tree of Life (2011), ET ((1982), Charlotte's Web (2006), what the bleep do we know!?! (2004),

When we are in communion with another, we become open and vulnerable to them. We reveal our needs and our weaknesses to each other. Power and cleverness call forth admiration but also a certain separation, a sense of distance; we are reminded of who we are not, of what we cannot do. On the other hand, sharing weaknesses and needs calls us together into “oneness.” We welcome those who love us into our heart. In this communion, we discover the deepest part of our being: the need to be loved and to have someone who trusts and appreciates us and who cares least of all about our capacity to work or to be clever and interesting. When we discover we are loved in this way, the masks or barriers behind which we hide are dropped; new life flows. We no longer have to prove our worth; we are free to be ourselves. We find a new wholeness, a new inner unity. - *Jean Vanier, Becoming Human*



The world is not divided into the strong who care and the weak who are cared for. We must each in turn care and be cared for, not just because it is good for us, but because it is the way things are. - *Sheila Cassidy, Healing After Loss (English doctor known for her work in the hospice movement)*

In the old days, the primary job of the native Lakota mother was to teach the new child that he or she was connected with everything in the circle of life. She would take the child walking and say, “See the squirrel? That’s your brother. See the tree? We are related. This is your family; these are all your family.” Because they were all brought up that way, they knew deeply that they were all interconnected, they were all family, they were all conscious. Lakota children had an opportunity to begin early in life to attend to the whole or the holiness, the spiritual side of things, and then to expand this ability powerfully as they grew. -*Brooke Medicine Eagle*