



Welcome to RE!

This month's theme is Deep Listening

Week 4: Listening to Diverse Voices

The UU faith has at its foundation the belief that every single person is important, deserves kindness and respect and should be treated equally and justly. It is the heartbreaking reality that this has not been the experience for non-white people in our country's history and even up to this present day. So as we explore the theme of Deep Listening, it's important to ask ourselves who historically has been erased from the national dialogue, whose voices are not being listened to still today and how do we bring those voices and perspectives into the center of our discussions and of our storytelling. So part of our newsletter this week includes stories from various perspectives and with a wide diversity of characters. And we continue the practice of listening by creating moments of pause and deep breath in our days. Plus, we are inviting you to reach out to the wider congregation this week and make a connection!

Gathering Together: Deep Breaths for Listening

In [this week's video](#), we practice several ways to pause and take some time to feel grounded and centered to better listen to ourselves and to other people before responding. A good practice for all of us!

Stories for RE: The Importance of Diversity

This week, we celebrate the voices, stories and perspectives of a wide diversity of people: the brilliant tapestry of black, indigenous, latinx, asian, and middle eastern voices of our world.

To bring in more depth, we also offer this discussion point: compare and contrast these stories with a book on your own bookshelf that has only white characters. From the SoulMatters curriculum: "Help children be more conscious of how it feels to read stories that don't reflect who they are. And in particular, help them understand how [BIPOC people have been erased](#)." And also how some books misrepresent those under-represented communities.

- [The Day You Begin](#) by Jaqueline Woodson and read by the author is about how glorious it is that we are all a little bit different and how wonderful it is to share our own unique stories
- [Don't Touch My Hair](#) by Sharee Miller is about a girl who finally uses her voice and everyone listens
- [Dreamers](#) by Yuyi Morales is a gorgeous, lyrical book about a mama and her baby finding hope and a voice (and a library!) in a new land

To explore more children's books by black authors, check out [this organization](#)

For an extensive list of Latinx authors of children's and youth adult books, check out [this website](#)

Songs of Joy: Still Listening

This song was written by Lea Morris, specially for UU families as part of the SoulMatters curriculum. Let's keep practicing it this week. I find myself singing it as I go through my days and it takes on new meaning as I keep singing it. This week, let's think of who we could take more time listening to in our lives.

[Here is a video of Lea singing](#) with her kids and then talking with them about what listening means to them.
[Here is the audio](#) of the song.

Listening

I'm Listening. I am listening. Spirit speak to me

repeat

My hands are wide open. Eyes are wide open. To see what I may be

repeat beginning

Mindful Moment: A Powerful Pause

In order to listen better to others and to ourselves, let's take a moment to practice the power of a pause. When we hear something hurtful or when we feel defensive, taking a moment to pause can make all the difference in our ability to respond with loving kindness. In the weekly video above, I demonstrate several ways to practice this pause. I've found that practicing this every day is a vital way to bring a body back to center, to calm the nervous system, and to be ready to respond to life's challenges from a place of grounded compassion.

Soulful Connections: Sending Love

Each week we will be offering an activity, project, outdoor explore or community connection to bring some of the gifts of the UU faith and of our congregation into your home. This week, we are inviting the whole congregation to participate! Here's the invitation:

It's no secret that we miss each other. A LOT!

To deepen our connection while apart, we invite you to participate in LOVE LETTERS.

It's simple: write a letter, make a card, draw a picture; anything to show someone that you are sending them some love!

You don't know who will get your letter or who you'll receive a letter back from — that's a surprise.

Leave your love note in the slotted box outside the UUCSC main door
between Friday, October 16 and Sunday, October 18.

Anyone that leaves a letter will receive one back during the week of October 19.

We hope those of all ages — from our littles to our elders — will join us in this effort to share our love.

- With lots of love to you,
Rev. DL and Lee Cowan, DRE

We hope you are able to weave some of these offerings into the tapestry of your family days.

May they bring you joy and connection.

Please feel free to email Lee with any questions, comments or feedback! We would love to hear how you are using these offerings and any other ideas you have for what would be supportive for you and your kids.

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