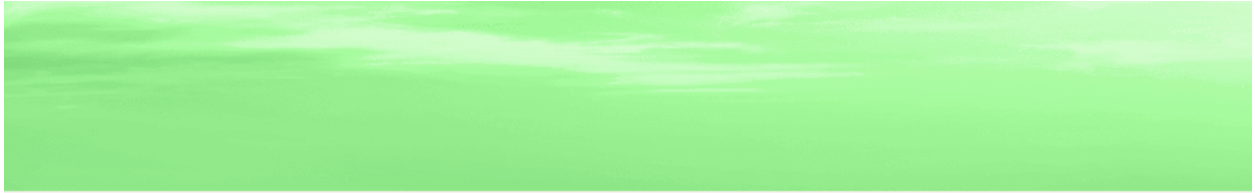


Youth/Young Adult 3: Challenging Words and Deeds



Youth



Second Source

For facilitator review prior to the session.

Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love.

Unitarian Universalist Association of Congregations

Chalice lighting, opening reading, silence (5 minutes)

Facilitator Note: Confirm the manner in which the chalice lighting will be read with the participants and begin accordingly. Also add the participants' names to the chat in a new order from last week.

A SPARK OF HOPE

By Melanie Davis

If ever there were a time for a candle in the darkness,
this would be it.

Using a spark of hope,
kindle the flame of love,
ignite the light of peace,
and feed the flame of justice.

Melanie Davis, [*Published on Worship Web.*](#)

Say to participants: Let's take a few minutes of silence to bring ourselves fully into this virtual space.

Check in (20 minutes)

Post the questions in the chat and say: We will go around in the order that our names appear in the chat as we answer these questions. You'll also find the questions in the chat.

1. What are your name and pronouns.
2. Share a rose/bud/thorn to share.

Covenant Review (5 minutes)

Facilitator Note: Post the text of the covenant in the chat.

Say to participants: I have posted the covenant in the chat. Is there anything about the covenant that we should address?

Wait a few moments to see if anyone raises an issue.

Spiritual Practice Check-In (15 minutes)

Ask participants: How was your *lectio divina* practice this week? What was hard or easy about it? What was surprising? When did you do it? Did it change anything for you?

Facilitator Note: Post the questions above in the chat and let the participants know that you have done so.

Reflection (35 minutes)

Introduction of Second Source: (5 minutes)

Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love.

Unitarian Universalist Association of Congregations

Introduction

Share these ideas and questions:

Our second source is **Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love.** Our sources are the inspiration for who we want to be as Unitarian Universalists. As we look at each source, we will be looking how the source impacts or directs our lives.

Ask one of the following questions:

Where does our spiritual wisdom as Unitarian Universalists come from?

How do we know what is important?

How can we be true to ourselves when we are out in the world?

The second source of wisdom is an example of the words and actions of people engaged in justice can inspire us and teach us how to make change in the world. People become examples by what they say and what they do. We can be inspired by people we know — our friends, teachers, and family. And we can be inspired by people we don't know personally. People living now. People from the past. Famous people. People just like us.

This an organic spiritual source, we as humans naturally look to other people for inspiration. It is source we use all the time, without even knowing that it is a source of our faith. You can learn a lot about someone if you ask them who inspires them.

You may notice that the official text of our sources has an unusual word that you might be wondering what it means. The word is “prophetic.” What does the word prophetic mean?

In common language it has come to mean “predict the future.” However, in religious language, like the language of the Second Source, prophetic is more like an inspiring warning, than a prediction. A prophetic people are those who give a warning, a judgment about how things should be.

Their words aren't easy to hear. They often show something that is difficult to see. Prophetic people are those who see what is really going on and have the ability to explain it. They show and tell us what we need to do. Prophetic people are often unpopular because standing up for justice and peace often require people in power to give up or share power. But prophetic people

are important source of faith. Warnings are hard but they are hopeful because they show us a way forward.

Sharing

Who are your prophets? Who are the prophets of people you know? (15 minutes)

For your pre-work, you were asked to identify someone who inspires you and to talk with at least two other people to find out who inspired them and why. If you weren't able to fully prepare, you can still participate in this discussion.

Turn to your neighbor. Everyone should have one person to talk with. [If there is an odd number of people, one group can have three people.]

Please take turns sharing for about two minutes each how people have inspired you and how any people you spoke with were inspired.

I'll ring a bell in two minutes so you can switch.

So:

Share for two minutes about people who have inspired you and those you interviewed.

Thank each person for sharing.

Let's get back together. Please go around and share the names of the people you talked about and I will list them on a flip chart (or in chat or a shared document if you are online).

Now let's look at our list. What do we notice about who our prophets are?

Video Response (10 minutes)

Say to participants: There was a video that was sent to you in the materials for this week. It was about a young indigenous climate activist. Think for a minute before you answer (Ask one question and follow up with other questions as time permits. The sharing may move organically, especially if they journaled their reflections in advance.):

- Is it easy to be prophetic person?
- What if anything about her life did you find inspiring?
- Do you know of any people personally who lead inspiring lives?
- Can you see yourself as an activist? Does your identity as a UU play into that view?
- Where do you feel climate change fits in to the issues facing humanity today?

Share the Screen as You Play: "[We Rise: How a indigenous teen climate activist plans to change the world](#)" (13:43 minutes)

Introduction of Next Source and Next Spiritual Practice (10 minutes)

Next Source: Third Source

Say to participants: Our third Source is: Wisdom from the world's religions which inspires us in our ethical and spiritual life.

Meditation is a spiritual practice which is present in many of the world's religions. Meditating is a practice of presence to yourself and it requires paying attention to your own mind—which is harder than you might think. If you have never seriously tried meditation before, please start with 2 minutes of meditation on the first day, 3 minutes on the second day, and so on. If you are familiar with meditation, challenge yourself to start where you are comfortable and add a minute each day.

Facilitator Note: BEFORE the session, review the article so that you can share the contents of it with the participants, then guide them through 2 minutes of meditation.
<https://www.mindful.org/how-to-meditate/> Include this article in the pre-work for the next session so they can review it.

Check Out and Closing (5 minutes)

Please share one word or phrase describing something you will take with you from today's meeting.

Read Aloud

Remembering Our Spiritual, Courageous Ancestors

By Rhys Williams

Remembering our spiritual, courageous ancestors who forsook oppression with security to gain freedom with opportunity,

may we go forth to master ourselves by accepting duty with responsibility,

by showing balance in our judgments and by having breadth of vision in our deliberations.

May we be exemplars of that spirit, moving forward with conviction and commitment,

with unity and without uniformity, with brotherhood and sisterhood to serve the truth that sets us free. Amen.

Rhys Williams, [Published on Worship Web.](#)

Post Session

Send out an email wrapping up the current session and providing information for the next session. You may use the template below.

Dear Ones,

Thank you to those of you who were able to participate in our third session.

For next week:

In the next session we will explore the Third Source, which is . . .

Wisdom from the world's religions which inspires us in our ethical and spiritual life.

Unitarian Universalist Association of Congregations

It will be on **[INSERT DAY, DATE AND TIME OF THE NEXT SESSION]**. The meeting information is:

[INSERT MEETING LOCATION/LINK HERE.]

Reflections:

In preparation for our time together, please spend some time thinking about some of the different religions that you are aware of and what you know about them. If you or your family comes from a religious tradition that is not Unitarian Universalist, what is it? Does your family engage in any practices that recognize that part of the history of you and your family? If you have time, create a journal entry about this.

Take some time to watch the videos below and reflect in your journal:

- How much does a religion tell you about the people who follow it?
- In what ways can we honor the belief systems of others?
- What should we do when we find beauty and truth in the religions of others, and feel that there is some aspect of it that we would like to follow or adopt?
- Think about a story or myth from your culture. What does this story say about who you are?
- Can you think of a time that someone told a story about you, and they got it wrong?
- Can you think of a way to honor a religion from which we might draw wisdom?

Videos:

- [**Introduction to Religious Perspectives | The Wisdom of Myths \(3:44\)**](#)
- [**What's the Difference Between Appropriation and Appreciation? \(3:22\)**](#)
- [**Chocolate Buddhas, Church Shopping, & Religious Appropriation \(9:29\)**](#)
- [**Is Yoga Cultural Appropriation or Appreciation? \(5:38\)**](#)

Go Deeper as your time permits:

Videos:

- [Oprah Winfrey talks with Thich Nhat Hanh \(21:47\)](#)
- [6 Sources: Part 3 World's Religions \(20:25\)](#) : [Download file](#) | [Play in new window](#) | Duration: 20:25 | Recorded on February 25, 2018. In this installment of our sermon series on the six sources of Unitarian Universalist faith, Phillip covers the third source: Wisdom from the world's religions which inspires us in our ethical and spiritual life. You can download a PDF of this sermon here: <https://goo.gl/ZvQu2D>

Readings:

- [My Moroccan Mom Doesn't Care About White People in Henna, But I Do](#)
- [These words from Max Warren Davis](#) guide us as we navigate being in relationship:

Our first task in approaching another people, another culture, another religion, is to take off our shoes, for the place we are approaching is holy. Else we may find ourselves treading on [people's] dreams. More seriously still, we may forget that God was here before our arrival.

Max Warren Davis

This week's spiritual practice:

This week we are going to experiment with meditation. For those of you who have done this before, you can use a practice you have already tried or you could experiment with this practice.

Please don't hesitate to reach out if you have any questions!

[Insert your preferred closing and signature here.]