



# Worship

**Sunday services are now hosted on Zoom.  
Please read our weekly eletter for updates.**

**August 2 at 11 a.m. via zoom: Toby Armour- "Maria Mitchell"**

This is our next program in the series "Taking a Turn for One Island Family"

a) Tell about a Unitarian Universalist whom you admire. This could be a person living or deceased. Research that person and share 10-15 minutes highlighting what they did or how they made the world a better place.

**August 9 at 11 a.m. via zoom: Astoria Nickerson- "Clara Barton"**

"Taking a Turn for One Island Family"

**August 16 at 11 a.m. via zoom: Guest presenter- Lloyd Mager- "Lloyd's Tropical Bike Tour Key West" facilitated by Amelia Hanley**

([www.LloydsTropicalBikeTour.com](http://www.LloydsTropicalBikeTour.com))

**August 23- at 11 a.m. via zoom: Pat Collins- "Part 3 Building Your Own Theology"**  
(See our weekly e-letter for study prompts).

**August 30- at 11 a.m. via zoom Judy Lawrence- "Rev. Richard S. Gilbert" "Taking a Turn for One Island Family"**



# News & Notes

## President's Message AUGUST 2020

### "BLESSINGS ON THOSE STAYING HOME"

By Linda Barnes

"We're staying home. Love has never asked this of us before.  
We're staying home, this is our gift to humanity.  
Let us wish each other well.

For those staying home alone, I offer you this blessing. May you grow a deeper understanding of your own worth. Dear one, leaven the aloneness with gentle care, for this too shall pass. May you be blessed with a peace and serenity; may you find the courage to reach out to hear another's voice and to remember others need you too. May you be well.

For those staying home together. I offer you this blessing. May you find moments of patience and grace in your relations. May you offer each other enough time apart, reassurance and space enough to cry, to safely rage, for this too shall pass. Then, let peace come again into your home. May you see one another's whole self as a gift. May you be well.

For those working from home, I offer you this blessing. May you remember to take breaks. May you find the means to relish your imperfection and the imperfection of others as evidence of our shared humanity. You are enough even when there isn't enough. Make order in your days and then let it go.  
May you be well.

For those staying home with children, I offer you this blessing. May you find humor and compassion in your days. There will be learning of a different kind, deeper no doubt, unexpected for sure. May there be patience and forgiveness, again, and again, and again. For this too shall pass. May you all remember the deep love that brought your family into being. May there be peace and understanding in your home.

May you be well.  
May we be well.  
May it be so."

## “To Grow A Soul”

By Rev. Lynn Ungar, Church of the Larger Fellowship

"There are a whole lot of words from poets and preachers and wise folks of various types that have changed how I understand the world, but there's one quote that has maybe shaped what I've done with my life more than any other. I was already a minister when I read these words from Unitarian minister A. Powell Davies: "Life is just a chance to grow a soul."

Life is just a chance to grow a soul. I guess I'd always assumed that whatever a soul was, it was something that a person just came with. But this understanding of soul struck me as both right and helpful. Maybe a soul is not something we just have—maybe it is something we create. Maybe soul is the part of us that is mature and kind and connected to other beings. Maybe our soul grows when we are filled with wonder. Maybe the soul is the seat of our creativity, our ability to contribute something to the world that is uniquely our own. Maybe soul is the spark within that moves us to act, to try to build a better world.

What came to me as a kind of revelation is that this was the best understanding of church that I had ever heard—or at least the understanding of church that felt closest to my own sense of what I was called to do. The point of the church is to help us grow our souls. Whatever happens at church—preaching or teaching or singing or marching or praying or meeting or chatting together over coffee or the internet—the point of it is that we grow our souls. Which is to say that church life, all of church life, is religious education. Or, as people have come to call it more recently, religious growth and learning. Or faith formation. What church does, or at least what church should do, is to help us to expand that part of us that cares and wonders and creates and connects. . .

So, how does one go about growing a soul? Plants need earth and air and water and sunlight in order to grow. What do souls need? How exactly does one go about tending a soul? Souls, it seems, are complicated and contradictory. I have watched them grow through times of deep sorrow but I've also seen them expand through experiences of joy. A friend of mine talked about how the death of her father led to her feeling connected with all others who had experienced such grief—and the recognition that each and every person she talked to had their own experience of grief. But with this very same friend I have experienced my soul expanding in the joy of shared singing and dancing.

Time alone in meditation or reflection or study or prayer can grow a soul, but so can times of intense connection with other people. We might feel our soul expand as we sit alone under a tree, but we are just as likely to experience that sensation of the soul stretching in deeply honest conversation or in marching together with thousands of other people in pursuit of justice.

The soul grows when we stay true to our own unique selves, refusing to simply go along with the crowd, but the soul also grows when we experience the ways in which we are inseparable from other people—and, indeed, from all the beings of this planet, whether or not they are human. There is no great art without personal freedom of expression, but it is also true that art is only great when it connects us to something larger than our own small selves.

I'm not sure that there's a simple, straightforward answer to what grows a soul, any more than there is a simple, straightforward answer to what exactly a soul is. But maybe soul is the part of us that experiences yearning for something more, and the way to grow it is to follow wherever that yearning might lead us. "

(From Faith Rocket, A Partnership of Launchpad and CLF, July 2020)

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**This is fabulous! it actually put a smile on my face.**

**enjoy!!**

Take a Billy Joel song, rework the lyrics for today's situation and add a touch of class from home (look for the percussion being done with Lysol Wipes cap):

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

One Island Family  
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Monthly Calendar: <http://www.oneislandfamily.org/calendar>