



JOURNEYS

Monthly Theme "Un-Pack-It"

A COMMUNITY OF POWER

THE UNITARIAN FELLOWSHIP OF PETERBOROUGH

WONDERINGS *on the theme of* POWER

From Rev. Julie

(With thanks to Rev. Kirk Loadman-Copeland and Touchstones Consulting.)

Power is a necessary part of life. Power was present in the Big Bang that gave birth to a universe with swirling galaxies and dark holes. Power is clearly evident in the ball of fire we call our sun. The ancient elements of water, wind, fire, and earth have powerfully shaped our home, the Earth, since its birth. And we each need power...fuel...to run our bodies and to get through our days.

Power is evident in every relationship in ways both helpful and brutal. Whether we are being authentic or dishonest, facilitating or controlling, helping or hindering, there is power at work in every interaction we have. And this means that power is transactional; it ebbs and flows in every relationship, family, group, community, organization, society, etc. More often than not, power is unbalanced, and is not evenly distributed.

To understand power, it is important to know how it is being used. Is it power-over, or is it power-with? Is it power-from or is it power-to? Is it power-full, or

is it power-less? Is it brutal-force-power, or is it affirming-power?

For example, while power-over could be beneficial, as in the case of a loving parent, power-over is more commonly associated with the relationship of the oppressor to the oppressed, a hurtful power dynamic that is as ancient as humanity. But we could also use power-over to master the self through spiritual discipline, which hopefully leads to an our being able to use power in ways that can enhance the common good.

In my experience, however, power-with is far more powerful than power-over. When power is shared, power is multiplied. Shared power requires that everyone take and use the power that they have, but ironically, there is a tendency for us to act as if we have little or no power at all. As Marianne Williamson writes, "Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us."

None of us is completely powerless, although we may find ourselves in situations where we feel that way. The question is, what will we do with the

power that we do have for the benefit of ourselves and others.

DEFINITION

pow-er
/ 'pou(ə)r/
noun

1. the ability to do something or act in a particular way
2. the capacity or ability to direct or influence the behavior of others or the course of events
3. physical strength and force exerted by something or someone
4. a supernatural being, deity, or force
5. energy that is produced by mechanical, electrical, or other means and used to operate a device.

verb

1. to supply (a device) with mechanical or electrical energy
2. to move or travel with great speed or force

synonyms: ability, capability, potential, faculty, competence, control, authority, influence, dominance, mastery, strength, might, force

A STORY *about* POWER

THE BEAUTIFUL TIGER ~ Christopher Buice

There once was a beautiful and powerful tiger.

One day she was captured by a mean and cruel man who put her into a cage. The man kept the cage in the jungle not far from his house. Everyday he would bring out a bowl of water and some food for the lonely tiger.

Sometimes the tiger would see her own reflection in the bowl of water and she would say, "My, I must be a beautiful tiger."

When the man heard her say this he would lie and tell her, "No, you are not a beautiful tiger. You're very ugly. You're a pitiful creature."

Sadly, the tiger would believe the man.

Some days, after she ate her food, she would walk back and forth in her small cage and feel energy and power moving through her body, and she would say, "My, I must be a powerful tiger."

When the man heard her say this, he would lie and tell her, "No, you are weak and puny. You're a pitiful creature." Sadly, the tiger would believe the man.

Then one day, when the man was nowhere around, a lion happened to walk by the cage. The lion saw the tiger inside and spoke to her, "Beautiful and powerful tiger, what are you doing lying about in that cage?"

"Do not make fun of me," replied the tiger. "I know that I am neither beautiful nor powerful."

The most common way people give up their power is by thinking they don't have any. ~ Alice Walker

"I'm not making fun of you," said the lion.

"You are surely the most beautiful and powerful tiger I have ever seen. I am only surprised to see you lying here when you are clearly strong enough to break out of that cage."

"You really think I could break out of here?" asked the tiger.

"Quite easily, I should think," replied the lion.

The tiger was not so sure at first. She had been told so many times that she was a weak and pitiful creature.

But suddenly it seemed that she could feel energy and strength moving through her body. She began to pace back and forth in her cage and then, almost without thought, she leapt against the cage door and it flew open without any resistance.

Once outside she seemed dazed.

"That cage didn't even have a lock on it," she said. "I spent so much of my life stuck in there and the door wasn't even locked."

The lion looked at her with soft brown eyes and said, "Those kinds of traps don't need locks, for it is the lies we believe in that keep us in our cages...and it is the truth that sets us free."

Source: "A Bucketful of Dreams: Contemporary Parables for All Ages" (Skinner House, 1994) out-of-print

Story found at:

<https://www.uua.org/worship/words/story/beautiful-tiger>



CHILDREN'S BOOKS on POWER

Amazing Grace ~ Mary Hoffman

Blackout ~ John Rocco

Ellison the Elephant ~ Eric Drachman

Katy and The Big Snow
~ Virginia Lee Burton

Ladybug Girl
~ David Soman and Jacky Davis

Matilda ~ Roald Dahl

Me...Jane ~ Patrick McDonnell

Otis ~ Loren Long

Pippi Longstocking ~ Astrid Lindgren

Princess Pigtoria and the Pea
~ Pamela Duncan

The Butter Battle ~ Dr Seuss

The Conquerors ~ David McKee

The Greatest Power ~ Demi

The Paper Bag Princess
~ Robert Munsch

The Roses in My Carpets
~ Rukhsana Khan

The Wolves in the Walls
~ Neil Gaiman

When We Were Alone
~ David Robertson



INSPIRATIONS *on the theme of* POWER

Power tends to corrupt; absolute power corrupts absolutely.

~ Lord Acton

Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't.

~ Steve Mariboli

When spiderwebs unite they can tie up a lion.

~ Ethiopian proverb

The question isn't who's going to let me; it's who is going to stop me.

~ Ayn Rand

Forget not your power in the days of your powerlessness.

~ Mark Belletini

Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man [or some other perceived oppressive force] can't ride you unless your back is bent.

~ Martin Luther King, Jr.

Power can be taken, but not given. The process of the taking is empowerment in itself.

~ Gloria Steinem

When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.

~ Audre Lorde

Small acts, when multiplied by millions of people, can quietly become a power no government can suppress, a power that can transform the world.

~ Howard Zinn

But remember ...that a kind act can sometimes be as powerful as a sword.

~ Rick Riordan

Recognizing power in another does not diminish your own.

~ Joss Whedon

We still think of a powerful man as a born leader and a powerful woman as an anomaly.

~ Margaret Atwood

If there is no struggle, there is no progress. Those who profess to favor freedom, and yet depreciate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want the ocean without the awful roar of its many waters. This struggle may be a moral one; or it may be a physical one; or it may be both moral and physical; but it must be a struggle. Power concedes nothing without a demand. It never did and it never will.

~ Frederick Douglass

Our lives begin to end the day that we become silent about the things that matter.

~ Martin Luther King, Jr.

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has.

~ Margaret Mead

Every theory of power is implicitly a theory of community.

~ Martha Stortz

Power does not corrupt. Fear corrupts... perhaps the fear of a loss of power.

~ John Steinbeck

I tell my students, ...if you have some power, then your job is to empower somebody else. This is not just a grab-bag candy game.

~ Toni Morrison

Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

~ Norman Vincent Peale

With great power... comes great need to take a nap. Wake me up later.

~ Rick Riordan

The most regretful people on earth are those who felt the call to creative work, who felt their own creative power restive and uprising, and gave to it neither power nor time.

~ Mary Oliver

We do not need magic to transform our world. We carry all the power we need inside ourselves already.

~ J.K. Rowling

Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.

~ Lao Tzu

You have power over your mind--not outside events. Realize this, and you will find strength.

~ Marcus Aurelius

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it!

~ Goethe?

Anster? Murray?

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

~ Leo Buscaglia

If you could only love enough, you could be the most powerful person in the world.

~ Emmet Fox

When you blame others, you give up your power to change.

~ Robert Anthony

Never allow a person to tell you no who doesn't have the power to say yes.

~ Eleanor Roosevelt

Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

~ Viktor Frankl

This life is yours. Take the power to choose what you want to do and do it well. Take the power to love what you want in life and love it honestly. Take the power to walk in the forest and be a part of nature. Take the power to control your own life. No one else can do it for you. Take the power to make your life happy.

~ Susan Polis Schutz

PRACTICING POWER

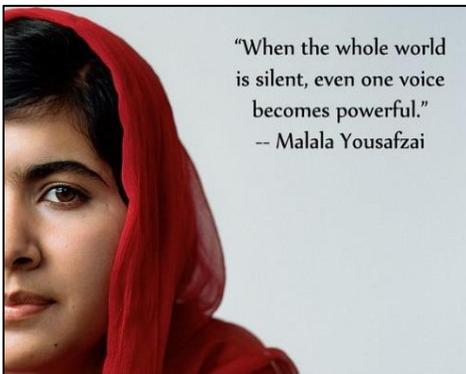
Option A: LEAN INTO YOUR POWER AND LIVE OUT OF YOUR BEST “COUNTER-CULTURAL SELF.”

Each of us have counter-cultural ‘leanings’ that we don’t lean into as fully as we’d often wish. Often this has to do with a lack of feeling our power. Do you downplay your pacifism? Or hide your veganism? Maybe you just go along with all the technology and TV, because you don’t want the kids to think you’re “the weird parents.” Or do you keep your UUism in the closet because you’re afraid of what your friends will think?

This month, set aside a day or a weekend or even a week and find a way to lean into your power. Pick a discrete period of time or a single act which will allow you to lean more heavily and more proudly (and more powerfully) into your counter-cultural self.

Maybe it’s having a “No TV weekend” with your family. Maybe it’s wearing your Pride Parade t-shirt to the gym. Maybe it’s inviting your friends over for an all-vegetarian dinner, maybe even with UU prayers at which you discuss the benefits of non-violence (!?)

Whatever your power is, try leaning all the way in.



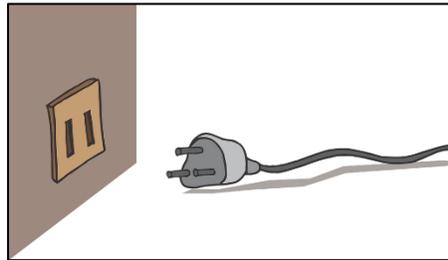
“When the whole world is silent, even one voice becomes powerful.”
— Malala Yousafzai

Option B: THE POWER OF CHOICE

Sometimes the feeling of powerlessness is grounded in feeling we have no choices. When it seems that something has power over us, we can feel cornered with very limited options.

If there’s a situation in your life in which you feel trapped, spend some time mapping out all possible options. Make a list or create a map. Include everything you can think of, even if it seems silly or impossible.

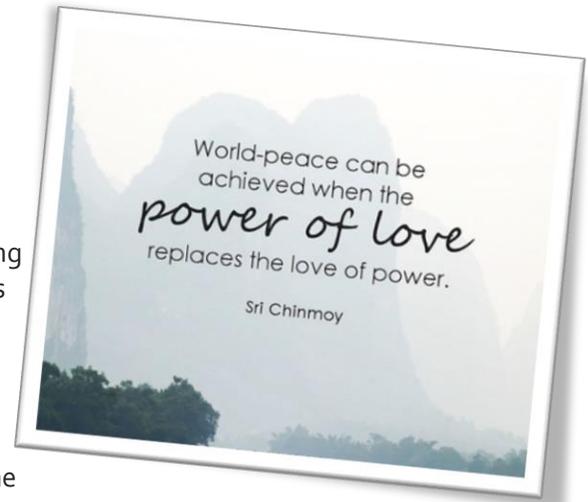
(If you’re up for some in-depth biblical interpretation, check out all the options for non-violent resistance in this article: <https://tinyurl.com/ycwvf7e8>)



Option C: ENVISIONING THE SOURCE (An art project)

Each of us has to ‘plug in’ to that which gives us life and energy. Take a container of some kind and decorate it as your power source (it might look like a battery, or a well, or an apple...?) Then fill the container (painted pebbles, slips of paper, glitter?) with all the things that give you energy. Be very intentional about naming what those things are. Is it a particular virtue? Or an activity? A special place?

Then, each morning, find a way to ‘plug in’ to your power. Spend a few moments looking at it, or touching it, or reading what’s inside. The idea is to raise your awareness by



intentionally ‘gassing up’ with what most gives you your power.

Option D: THE POWER OF GROWTH (A Spring Family Activity):

Download the story, *Putting Dreams into Action*, by Lynn Ungar at <https://tinyurl.com/hepkshy>

Read the story and discuss it with your family. Consider the power in things that grow in the garden, whether vegetables or flowers or fruit on trees, as well as the power of ideas.

Discuss what you would like to grow...be that in your garden or in the world. “Buy” and “plant” those seeds. Watch to see what happens. Growth is slow at first, but if you watch closely there are many changes. Imagine the power required for a seed to break open and for the seedling to push upward.

For additional fodder, read this sermon by Rev. Susan Frederick-Grey about ‘seeding’ our visions: <https://tinyurl.com/yc8h7ahg>

To receive these monthly packets by email, sign up to be on UFP’s email list.

Send a request to:

office@peterboroughunitarian.ca

QUESTIONS for REFLECTION on the theme of POWER

1. Are there times when you feel powerful? Why and how?
2. What have you experienced or seen that contributes to feeling of powerlessness?
3. Have you ever experienced power-with? What is it like to authentically share power?
4. At what point does claiming one's power become an abuse of power?
5. Have you ever chosen not to claim some power that's made available to you?
6. "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure." How do you "fear" your own power? What are the implications of that fear?
7. If you could choose a super power or to be a superhero (Superman, Wonder Woman, Underdog, etc.) which would it be and why?
8. Where does your power come from? Is there a particular source?
9. How and for whom have you used your power?
10. In what ways, or to whom, are you accountable when using your power?

11. What's your power question?

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

~ Marianne Williamson

Which question is calling to you? Which one contains "your work"? The goal is to figure out what being a part of a community of power means for you and your daily living.

RESOURCES on POWER

MUSIC

Music is often the key to opening us up. Which song is calling to you? If none of these speak to you, do a little searching and find your own "power song."

Eye of the Tiger ~ Survivor
<https://tinyurl.com/a7jfjmf>

Four Strong Winds ~ Ian Tyson (Neil Young)
<https://tinyurl.com/y8g3lf5j>

Gather the Spirit ~ Jim Scott
<https://tinyurl.com/ya8kr7ql>

I'm Still Standing ~ Elton John
<https://tinyurl.com/mdqc3wc>

It's My Life ~ Bon Jovi
<https://tinyurl.com/po46y6m>

I've Got the Power ~ Snap!
<https://vimeo.com/2213349>

Man in the Mirror ~ Michael Jackson
<https://tinyurl.com/m2fj4co>

My Way ~ Frank Sinatra
<https://tinyurl.com/plclaz9y>

Putin Will Teach You How to Love
~ Pussy Riot
<https://tinyurl.com/o4mvkkp>
<https://tinyurl.com/ybho3ezx>

Roar ~ Katy Perry
<https://tinyurl.com/lnqy7bv>

Strong and Wrong ~ Joni Mitchell
<https://tinyurl.com/y8lxvfpj>

Truth to Power ~ OneRepublic
<https://tinyurl.com/y7cvgb64>

Try Everything ~ Shakira
<https://tinyurl.com/jh3lyrl>

We Got the Power ~ Loreen
<https://tinyurl.com/japvkhr>

What Doesn't Kill You Makes You Stronger ~ Kelly Clarkson
<https://tinyurl.com/garyzt7>

White Flag ~ Joseph
<https://tinyurl.com/ycwgtak>

You Gotta Be ~ Des'ree
<https://tinyurl.com/m40937l>

more RESOURCES on POWER

MOVIES

Chinatown (1974/X) – A private detective hired to expose an adulterer finds himself caught up in a web of deceit, corruption, and murder.

Django Unchained (2012/18) – With the help of a German bounty hunter, a freed slave sets out to rescue his wife from a brutal Mississippi plantation owner.

Downfall (2004/15) – Traudl Junge, the final secretary for Adolf Hitler, tells of the Nazi dictator's final days in his Berlin bunker at the end of WWII.

Enron: The Smartest Guys in the Room (2015/Doc) – A documentary about the Enron corporation, its faulty and corrupt business practices, and how they led to its fall.

Frida (2002/15) – A biography of artist Frida Kahlo, who channeled the pain of a crippling injury and her tempestuous marriage into her work.

Macbeth (2015/15) – After receiving a prophecy that one day he will become King of Scotland, and consumed by ambition, Macbeth murders his king and takes the throne for himself.

No End in Sight (2007/Doc) – A comprehensive look at the Bush Administration's conduct of the Iraq war and its occupation of the country.

Norma Rae (1979/AA) – A young single mother and textile worker agrees to help unionize her mill despite the problems and dangers involved.



Point of Order (1964/Doc) Compiled from TV footage of the 1954 Army-McCarthy hearings which resulted in McCarthy's eventual censure for conduct unbecoming a senator.

Roger and Me (1989/15) – Director Michael Moore pursues GM CEO Roger B. Smith to confront him about the harm he did to Flint, Michigan with his massive downsizing.

Suffragette (2015/12A) – The foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State.

The Insider (1999/15) – A research chemist comes under personal and professional attack when he decides to appear in a "60 Minutes" expose on Big Tobacco.

The Last Emperor (1987/15) – The story of the final Emperor of China, and of how unlimited power and a reclusive life can shape an individual's personality.

The Last King of Scotland (2006/15) Based on the events of the brutal Ugandan dictator Idi Amin's regime as seen by his personal physician during the 1970's.

The Post (2017/12A) – A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper

publisher and a hard-driving editor to join an unprecedented battle between the press and the government.

Thelma and Louise (1991/15) – Two best friends set out on an adventure, but it soon turns around to a terrifying escape from being hunted by the police, as these two girls escape for the crimes they committed.

There Will Be Blood (2007/12A) – A story of family, religion, hatred, oil and madness, focusing on a turn-of-the-century prospector in the early days of the business.

Wall Street (1987/15) – A young and impatient stockbroker is willing to do anything to get to the top, including trading on illegal inside information taken through a ruthless and greedy corporate raider who takes the youth under his wing.



ON THE WEB

Articles

Great Power Lives in Our Love

~ Parker Palmer

"Here's a question worth asking: Am I using whatever power I have in the service of love — via my voice, my vocation, my personal and public witness?"

<https://tinyurl.com/ydxcr8w>

The Power of "Me Too"

~ Cheryl Strayed

"A deeper, older, truer sort of power calls upon the original meaning of the word, which is derived from the Latin *posse*. It means, quite simply, to be able. It's a definition of power that's about doing and creating, about writing word after word after word on the page."

<https://tinyurl.com/y8xojmom>

even more RESOURCES on POWER

The Power Paradox ~ Dacher Keltner

We tend to believe that attaining power requires force, deception, manipulation, and coercion.

(But)...years of research suggests that empathy and social intelligence are vastly more important to acquiring and exercising power than are force, deception, or terror.

<https://tinyurl.com/5upuphu>

Truth to Power: How Podcasts are Getting Political ~ The Conversation

Podcasts are becoming a powerful socio-political force: from crime to social justice, they are changing the debate on some of the key issues of our times.

<https://tinyurl.com/yqjwaho8>

CHALICE LIGHTING on POWER

May the power of this flame give us faith in life to do wise planting that the generations to come may reap even more abundantly than we.

May we be empowered and bold in bringing to fruition the golden dreams of human kinship and justice, that the fields of promise become fields of reality.

~ v. Emil Gudmundson (#693 SLT)
(Adapted)

Videos

Bringing Power to Millions ~ Ahil Raj (Ted Talk)

Reliable electricity remains a distant dream for too many people around the world and simply linking to the existing grid can be cost prohibitive.

<https://tinyurl.com/ybnjlskt>

How to understand power - Eric Liu

Every day, we move and operate within systems of power that other people have constructed. But we're

often uncomfortable talking about power. Eric Liu explains how understanding power is key to being an effective citizen.

<https://tinyurl.com/zdmkoln>

Pema Chödrön on Quieting Our Racing Minds and Powering Down

Makes a strong case for quieting our racing minds — and the value of powering down our electronic devices.

<https://tinyurl.com/y7rbyvfr>

So God Made a Farmer ~ Trent Gilliss

A SuperBowl commercial points to the power of religious language.

<https://tinyurl.com/yxcuddd6>

(The link for the commercial:

<https://tinyurl.com/ybxwoe7v>)

The Gift and Power of Emotional Courage ~ Susan David (Ted Talk)

Challenges a culture that prizes positivity over emotional truth and discusses the powerful strategies of emotional agility. A talk to share.

<https://tinyurl.com/yb9f55td>

The Extraordinary Power of Ordinary People ~ Sherwin Nuland (Ted Talk)

On the desire to become our better selves and make a better world.

<https://tinyurl.com/ybmjrknt>

The Power of the Pentatonic Scale

~ Bobby McFerrin

<https://tinyurl.com/ak2cefz>

Ulysses ~ Alfred Lord Tennyson

Helen Mirren reads to Stephen Colbert

<https://tinyurl.com/ybh7b3kz>



Podcasts

Quiet: The Power of Introverts ~ Susan Cain

Focuses on giving parents and educators the tools to empower quiet kids. Expect to learn about how caregivers and schools can better understand and support introverts, how the changing landscape of social media impacts quiet children, the neuroscience of introversion, and more. <https://tinyurl.com/yccfl4wn>

The Perils of Power ~ Hidden Brain

"There's something about the seductions of power that makes you lose sight of ethics and other people's interests."

"Power is part of every moment of our social lives. We've got to be aware of it. It can lead us to do foolish things, and we should try to do the things that make it a force for good." <https://tinyurl.com/y9al7uy9>

The Power Of Saying No (So That You Can Say Yes)

~ Accidental Creative

People are also hesitant to say no to projects and opportunities because they're afraid they'll miss out on something great. The truth is, they're probably missing out on something great because they won't say "no".

<https://tinyurl.com/yaxgete4>

The Power of Words to Save Us

~ On Being

The moral life, Marie Howe says, is lived out in what we say as much as what we do. Language, again and again, has a power to save us.

<https://tinyurl.com/ybnzk77y>

WHO CREATES THESE PACKETS?

We subscribe to "Soul Matters," a resource from the Unitarian Universalist Association. Rev. Julie compiles each packet using those resources combined with many others. Contributions are always welcome!

Service Leaders and Covenant Group facilitators work with Rev. Julie to incorporate the theme into our programming & Sunday Services. Would you like to share your talents and ideas? April's theme is **CREATIVITY**.

BOOKS

Freedom is a Constant Struggle ~ Angela Y. Davis

A collection speeches and essays connecting incidents of state violence and oppression worldwide and across history. Combs the intersection between race and gender, and offers the unique perspective of an activist whose life has been devoted to change and equality.

Influence: The Psychology of Persuasion ~ Robert Cialdini – Introduces six pillars of ethical persuasion which one can use to gain advantage in social settings.

How to Win Friends and Influence People

~ Dale Carnegie - The core idea communicated is that it is possible to change other people's behavior by changing one's behavior toward them.

Quiet: The Power of Introverts in a World that Can't Stop Talking ~ Susan Cain – Focuses on the power of quiet thought and introspection by explaining the characteristics of introverts and how these characteristics have changed the world.

Power: A Radical View ~ Steven Lukes

Identifies three faces of power: coercion and payments (or sticks and carrots); setting the agenda; and shaping your preferences so that you want what I want.

Steve Jobs ~ Walter Isaacson – The story of one of the most influential persons of recent time. He became this person through his products, his innovative approach, his addiction to perfection, his charismatic mindset but most of all through his attitude towards influence and power.

The 48 Laws of Power ~ Robert Greene – Distills 3000 years of the history of power into 48 essential laws. Draws from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and from the lives of figures ranging from Henry Kissinger to P.T. Barnum.

The Power ~ Naomi Alderman (*Novel*) – When a vital new force takes root and flourishes, lives converge with devastating effect. Teenage girls now have immense physical power, causing the world to drastically reset.

The Power of Now: A Guide to Spiritual Enlightenment ~ Eckhart Tolle – Explains how people can use the power of living in the moment to reach enlightenment.

The Prince ~ Niccolò Machiavelli – Written in 1513, this treatise is the most remembered, and the work responsible, for bringing "Machiavellian" into wide usage as a pejorative term.

Rivals: How the Power Struggle between China, India and Japan Will Shape Our Next Decade ~ Bill Emmott

An analysis of the growing rivalry in Asia and what it means for the global economy and the world to come.

Words Will Break Cement: The Passion of Pussy Riot

~ Masha Gessen – Tells of the protest, trials, and imprisonment of a Russian rock group who speaks out against Putin and his policies. The Russian government's assault against their free speech and self-expression became a global sensation.

You're More Powerful than You Think: A Citizen's Guide to Making Change Happen ~ Eric Liu

Do you understand what power truly is, how it flows, who has it, and how you can claim and exercise it?

What is Power — and How Can You Get It? ~ Sarah Jaffe (Book Review) <https://tinyurl.com/y8hg9r6s>

Liu speaks about his book:

<https://youtu.be/oP2LooUWWdU>

TABLE GRACE on POWER

A POWER AT WORK IN THE UNIVERSE

(adapted) ~ Tom Schade

There is a power at work in the universe.

It works through human hands,
but it was not made by human hands.

It is a creative, sustaining,
and transforming power
and we can trust that power with our lives.

May this meal sustain us that we may take the
risks necessary to take a stand on the side of
love; and take a stand for peace and justice.

And may the breaking of bread together remind
us, here together,
that we are held by that power.

Amen.

The Unitarian Fellowship of Peterborough
Sunday Services @ 10am @ 775 Weller St
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