



Dear CUF folks,

I find engaging with this month's theme, 'Resistance' more challenging than most. As Unitarian Universalists, we generally have a very positive association with the word and concept in the context of resisting threats and actions that violate human and civil rights. In contrast, resistance to change that increases inclusion and equity is something we try to overcome within ourselves as well as our community and society. Buddhist teachings of letting go of resistance have deep value in many UUs' spiritual lives. And at the same time, we might find ourselves saying – and feeling – that we need to resist the temptation to judge others, or resist the temptation to avoid uncomfortable topics in order for us to grow spiritually.

We can start our exploration of resistance at a personal level, asking a few questions of ourselves:

Where do I find/feel resistance in my thoughts and actions? How is it functioning to help and/or hinder my growth as a person?

Personally, I have learned that my resistance to something, someone, some action often indicates a need to open, to let go of that resistance (in this case, a fear response) and be curious about possibilities. We can ask similar questions about resistance as a faith community; we might identify when we're moving in opposition to injustice, when we're holding on to traditions that no longer serve us or our children, for two examples.

Although it's a more challenging exploration of theme this month, taking the time to think about the many forms of resistance we experience internally, and in our many relationships can give us new and valuable insights. I can't resist this month-long exploration with you!

Peace,

A handwritten signature in black ink, appearing to be 'Sarah' or similar, written in a cursive style.