



MINISTER'S COLUMN

FEBRUARY 2025

## *The Practice of Change*

Dear CUF folks,

The actions taken by the new administration in its first weeks in power have been devastating, turning the arc of the universe further from justice, threatening to reverse much of the progress made toward equity and inclusion in American society. We are called to resist the temptation to despair and resignation. We are called to come together to rely on each other, to remember our personal and collective experiences of challenge and change. We are called to take action rooted in our values of love, justice, equity, and also transformation: “We adapt to a changing world” is the UUA’s condensed description. In the context of the most recent national political changes, this means that we organize and collaborate in new ways, learning as we go. And it means connecting with changes in the smaller worlds of our communities, families, and ourselves.

***Let difficulty transform you. And it will. In my experience, we just need help learning how not to run away.***

**Pema Chodron**

At the same time that we are are grappling with the changes in our country, most of us are undergoing changes in our personal lives – family, social life, work, health – and *all* of us are growing older. Let us focus on the “growing” part of that change, holding up the opportunities for personal and community transformation, looking to the many people and organizations that can help us learn how not to run away.

A few years ago, Pastoral Friends and I led an intensive small group discussion of *Trusting Change: Finding Our Way Through Personal and Global Transformation*. The author, Karen Hering, used the metaphor of a caterpillar transforming into a butterfly to explain the change journey. This month we can reflect on those things that are ‘No Longer’, we can pause to prepare, and then move on, imagining a way, and widening what we trust. Let us be like butterflies: preparing ourselves, taking the time and space to grieve and heal, flying with purpose into the future.

Peace,

A handwritten signature in black ink, appearing to read 'Pema Chodron', written in a cursive style.