Home

Unity Church-Unitarian
Spiritual Practice Packet
September-October 2026

CHALICE CIRCLES

landmarks
anticipation
disorientation
migration
home
making exiles of ourselves

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Table of Contents

Home **1**
Spiritual Practices **3**
Questions to Ponder **7**
Inspiration **8**
Theme Definition 8
Wise Words 8
Poetry 9
Articles 11
Prayers 11
Books 12
Children's Books 13
Movies 14
Videos 15
Podcasts 15
Music 16
For More Information 16

About the Cover

Inspired by Bernie Siegal's wise words, "As I stepped off the plane after a recent trip, someone asked me, 'Are you home yet?' I said, 'Of course. This is my planet.'"

From Wikimedia Commons: This true-color image shows North and South America as they would appear from space 35,000 km (22,000 miles) above the Earth. The image is a combination of data from two satellites. The Moderate Resolution Imaging Spectroradiometer (MODIS) instrument aboard NASA's Terra satellite collected the land surface data over 16 days, while NOAA's Geostationary Operational Environmental Satellite (GOES) produced a snapshot of the Earth's clouds. October 17, 2000. Credit: NASA/GSFC/Reto Stöckli, Nazmi El Saleous, and Marit Jentoft-Nilsen. In the public domain. https://earthobservatory.nasa.gov/IOTD/view.php?id=885

Home

My wife, Diana, and I have always disagreed on what the word “home” means. Aside from the obvious shared domicile that we inhabit, for me home always has been and always will be Mandan, ND, where I lived for 18 years amidst the ghosts of generations of ancestors. Home, where I can still tell you precisely how to get from point A to point B, despite the fact that the old high school was demolished last summer and the city limits have expanded way beyond what I ever imagined they would.

Diana, on the other hand, grew up in a military family, moving every three years, having to assimilate into a new place, new people, new sights and smells. Home, for her, became the familiar and beloved things that moved with her each time, the treasures she accumulated over the years and populated each new bedroom with, surrounding herself with what she knew.

What we have always agreed on is that home, mostly, is identified by the people involved - whether it be ancestors, family, friends, church, or simply each other. When I say “home” now, I mean wherever Diana is. I also mean my mom and Mandan, ND. I also mean the congregation and Unity Unitarian in St. Paul. Having lived in more than thirty different houses, apartments, condos, and dormitories throughout my life since leaving Mandan, I have had to learn how to hold both the impermanence of place and the need to ground myself in a safe and comfortable space.

And I’m aware not all homes are safe and comfortable places - not all of mine have been, and I’m guessing not all of yours either. What does the definition of home become when it is no longer a refuge or a place of belonging?

Diana and I also just sold our 1920’s bungalow in the McKinley neighborhood of North Minneapolis. In May, when we were preparing with our realtor to put it on the market, she reluctantly told us that home prices in our area were quite low right now, because Metro Surge had hit our neighborhood hard last winter; so many people taken from their homes, so many jobs lost, and thus too many foreclosures to maintain a viable housing market.

What does the definition of home become when you have been forcibly, violently removed from that place - whether it be a physical building, a region or area of land, or a community of people?

While I have not been an exile from my country, I was essentially evicted from the Catholic church. Because I was both divorced and gay, I was pretty much told I was no longer welcome. Twenty years later, I still talk about the process of annulling my first marriage as a traumatic experience, and while I never felt at home in a Catholic church as much as I do within Unitarian Universalism, it did create a deep rift between me and a community I had always longed to belong in.

Are there homes we long for that will never be ours - or worlds in which we just cannot imagine ever finding a home? It took me ten years in my early adulthood to finally be able to believe in a world in which I could be queer, and until I was able to imagine that for myself there was not a single definition of home that would feel complete. Until I felt at home within myself, and *with myself*, I would never externally find the belonging I so craved.

So, I guess, for me, the truest definition of home is truth itself, whether I'm thinking about home within myself, among a community, or beyond my immediate vicinity. Because really, how can I truly be at home in any one of those places when I'm being dishonest about the others? And if the key to the lock is honesty, how and where do we create home when we realize that in order to live an authentic life of integrity, justice, and love we have to leave behind everything we've known?

Rev. Shay MacKay on behalf of this month's Theme Team.

Joseph Mallord William Turner, Leaving Home, ca. 1830-1832, Tate: London, 2019

Spiritual Practices

Spiritual practices are the habits in our lives that when done with intention and repetition, center us, open our attention more fully, nurture our connections to something larger than ourselves, and help us find and keep our balance. Spiritual practices can be simple, like a walk in the woods, or structured, like tai chi. Unity members are encouraged to develop a spiritual practice. Here are theme-related practices that may hold possibilities for you.

Option A

Leaving From, Not Returning To

Name one place, relationship, or belief that has been home to you, solid, familiar, known.

Then ask: What would it mean to leave from here, rather than return to here?

Consider: What is one thing in the world that unsettles you - an injustice, a person's suffering, a truth that you have been avoiding - that your home makes you strong enough to face, rather than protects you from facing?

Beloved Community is not necessarily a safe or comfortable place to be. However, it can be a place stable enough to launch you into risk. What might your faith community be asking you to risk right now? If home is the "you are here" on a map, what direction is the map asking you to walk?

Spend a week noticing when you are tempted to retreat into home as comfort rather than using it as a launching pad. You don't need to act on every one of these moments; simply notice the pull, and name to yourself which one it is: retreat or launch?

At the end of the week, journal briefly: What did your home make you capable of this week that you wouldn't have been capable of without it?

Option B

Your Many Homes

When do you feel "at home"? Answering that question reminds us that home is rarely a single place. Many places, experiences, and people offer us the experience of welcome, connection, and belonging. The more we think about it, the longer the list becomes.

So, take some time to write down that long list . That's all there is to it. Just number a page and see how many things you can name that give you a sense of home, perhaps like these:

- Being at the ocean.
- Whenever I smell freshly baked cookies like my mom used to make.
- In the arms of my loved one.

- In the quiet of the morning.
- While painting.
- When my skills are noticed or put to use.

Come to your group ready to share what surprised you about the list. Did you notice a pattern? Was there a connection between your many experiences of home that you'd not recognized before? Did the list itself leave you feeling more at home in the universe? Are other people core to your sense of home? Or were you surprised at how much home has to do with solitude and spaces that allow you to connect with your deepest self? Was home less of a place than previously thought? Did you realize that it's possible to "always be at home"? Or as poet John O'Donohue put it, "Sometimes the urgency of our hunger blinds us to the fact that we are already at the feast. To accept this can change everything; we are always home, never exiled."

Did the practice of making this list expose any areas of "homelessness" for you? In other words, when do you want to feel at home but for some reason do not?

Most songbirds or birds commonly found around neighborhoods, like robins, build new nests every year. Raptors, like eagles and osprey, typically return to their nest year after year, improving it each time (some weigh as much as two tons).

Option C

Coming Home

"The purpose of spiritual practice is not to get somewhere. The purpose is to come home, to return to ourselves,"* writes Norman Fischer. Other Buddhist authors refer to home as well. Thich Nhat Hanh teaches that our true home is in the present moment. Tara Brach connects homecoming with presence, awareness, and refuge:

> We find true refuge whenever we recognize the silent space of awareness behind all our busy doing and striving. We find refuge whenever our hearts open with tenderness and love. We find refuge whenever we connect with the innate clarity and intelligence of our true nature…. For me, when I sense the silent, inner wakefulness that is here, I come home to a sense of wholeness. I'm at home in my body and heart, at home in the earth and with all beings.**

And in meditation, the home base is an anchor to which we return—like the breath, or a word or phrase.

It may be natural for you to consider your spiritual practice in terms of coming home. It may be new or strange—productive or not.

Whether your spiritual practice is meditation, taking time in nature, or something else, reflect: as you practice, do you "come home?" In connection with your practice, what does home mean to you? What is it like to be away, or far from home? For you, what is this homecoming like? How does this language of home fit, and not fit, your experience?

Through these weeks, hold the theme of home together with your spiritual practice. Does this change your experience of your practice? How? Bring your reflections to your Chalice Circle.

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*Sailing Home: Using the Wisdom of Homer's Odyssey to Navigate Life's Perils and Pitfalls, p. 25.

**True Refuge: Finding Peace and Freedom in Your Own Awakened Heart, p. xvii.

The home of the House family in the Blue Ridge Mountains of North Carolina; painted by Theo G Moses in 1932 from a sketch he made in 1917. Twelve children were raised in this windowless, two-room home. The painting was given to his daughter, Doris Moses-Finkey, who in turn gave it to her friend LouEllyn Reiss Nestingen, Signe Nestingen's mother.

Option D

A Home Blessing for All Ages

Blessing a home is an ancient ritual across faith traditions. It can be simple or elaborate. A home can be blessed when it is new, at other points of transition, or every year. It can be done by one person or any group of people making a home together; others can be invited or not. As you reflect on the theme of home, find a time to bless your home. (If you have already blessed your home, reflect on the experience.) There are many resources for home blessing online, for example:

- "Home Blessings," *The Ceremonies Project*
- "Feast of the Epiphany: Blessing the House," Jan Richardson, *The Painted Prayerbook*

Here is a simple script that can be used by families with children, or anyone. Change them to fit you and your home. If you wish, carry the Chalice with you as you move from your home's threshold through each room, including outdoor space. In each new space, invite a person to read a part—or say the words together:

We light this Chalice with gratitude for this home we make together and the love we share here.
May this house shelter our lives.
When we come home here,
May all the weight of the world
Fall from our shoulders.
May our hearts be peaceful here,
Blessed by belonging.
May this be a place of
Health and happiness.
May this home be a lucky place,
Where grace always finds a pathway to our door.
May nothing destructive
Ever cross our threshold.
May this be a safe place
Full of understanding and acceptance,
May we have eyes to see
That no visitor arrives without a gift
And no guest leaves without a blessing.
We extinguish this Chalice
And go to live together
In this house of love, our home.
Where we can be as we are,
Without the need of mask or pretense.
May it be a house of courage
Where healing and growth are loved,
Where dignity and forgiveness prevail;
A home where patience is prized,
And the sight of the destination is never lost
Even when the journey is difficult and slow.
May there be great delight around this hearth.
May it be a house of welcome
For the weary and sorrowing.

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Adapted from John O'Donohue, "For a New Home," in *To Bless the Space Between Us*, pp. 19-20.

Questions to Ponder

Unitarian Universalism doesn't have all the answers, but considering questions is one way for you to think about our faith and develop your own understanding of it. Read through the questions and mark which ones resonate with you or stir resistance in you; either reaction may lead to fruitful consideration. Choose one and take time to reflect on it over several days, perhaps writing it down and carrying it with you. How did you respond to the question? What did you learn? Where did it lead you?

Questions

1. Is home for you primarily a place you return to, or a place you launch from? Has that changed over the course of your life?
2. What would it cost you to say to a stranger, "My house is your house"? What would you gain?
3. What is the feeling of home? Where and how do you feel home in your body (a warmth in your heart area? A softening of your shoulders? A deepening of breath?) Or, conversely, is home a weighty feeling of responsibility, or boredom, or a disappointment in some way?
4. Chief Seattle said, "If we do not own the freshness of the air and the sparkle of the water, how can you buy them?" Yet, America has been colonized and many of us own the property on which we live. How important is ownership to your idea of home?
5. Is home an evolving experience of many different places, people, goals? Or do you think of home as a singularity: one particular place, one particular family (or origin or choice), one particular landscape?
6. Some people find home in community, in places that are sacred to them, in a team or group working toward a common goal, or in a place or with people who accept them as they are. Where do you feel most at home?
7. How has your sense of belonging been influenced by your identity (e.g., race, gender, sexual orientation, ability, religion, politics, age, etc.)? Are some aspects of your identity more important than others in your experience of belonging?
8. Have you ever been surprised by a sense of being "at home" where you had not expected it? (In nature, at an event with strangers, in a landscape alien to your life experience – the desert, the mountains.) How did it come about and what did it mean to you?
9. How have the homes that you've lived in shaped you? (Aesthetically, emotionally, in your expectations of comfort or safety, spiritually.)
10. When you think of home, what memories or stories come to mind? Are there scents or sounds that say 'home'?

What is your question? If the questions above don't resonate with you, stir resistance in you, or lead to meaningful reflection on the theme, consider listening to your heart to hear what your question is.

Inspiration

Recommended Resources
For Personal Exploration & Reflection

Here you will find a variety of optional resources to help you take a deeper dive into and engage with the worship theme, in order to inspire thinking and open you to new insights. As you browse the packet, engage with those that hold meaning for you and one or two that may feel challenging.

Theme Definition

Home is launch pad; boomerang return --
bond and comfort; friction, button-pushing, hurt.
Home is place, or person(s), landscape, culture: all or some.
Home enfolds faith, tradition, or nomadic newness.
Home marks milestones; maybe alpha, maybe omega.
Tent, igloo, cardboard box, duplex, apartment, mansion.
Home: promise and betrayal, homesick and just sick.
Home is and is not enclosure and risk.

Many kinds of homes.

Wise Words

As I stepped off the plane after a recent trip, someone asked me, “Are you home yet?” I said, “Of course. This is my planet.”
—Bernie S. Siegel, *365 Prescriptions for the Soul*

When setting out on a journey, do not seek advice from those who have never left home.
—Rumi

It’s a dangerous business, Frodo, going out your door. You step onto the road, and if you don’t keep your feet, there’s no knowing where you might be swept off to.
—JRR Tolkien, The Lord of the Rings

When you leave home to follow your dreams, your road will probably be riddled with potholes, not always paved in happy Technicolor bricks. You’ll probably be kicked to the ground 150 million times and told you’re nuts by friends and strangers alike. As you progress you may feel lonely or terrified for your physical and emotional safety. You may overestimate your own capabilities or fail to live up to them, and you’ll surely fall flat on your face once in a while.
—Kelly Cutrone, *If You Have to Cry, Go Outside: And Other Things Your Mother Never Told You*

We must take the feeling of being at home into exile. We must be rooted in the absence of a place.
—Simone Weil, *Gravity and Grace*

O Nobly Born, remember the pure open sky of your own true nature. Return to it. Trust it. It is home.
—The Buddha, paraphrased by Jack Kornfield

“At the end of the day, it isn’t where I came from. Maybe home is somewhere I’m going and never have been before.”
—Warsan Shire

“Cathedral Window Quilt,” Viola Canady. "Home" as a communal craft; Canady founded Daughters of Dorcas and Sons Quilting Guild, honoring Black religious/spiritual community life.

Perhaps home is not a place but simply an irrevocable condition.
—James Baldwin, *Giovanni’s Room*

“Home isn’t where you’re from, it’s where you find light when all grows dark.”
—Pierce Brown, *Golden Son*

“Home” is an internal place, a place somewhere in time rather than space, where a woman feels of one piece. Home is where a thought or feeling can be sustained instead of being interrupted or torn away from us because something else is demanding our time and attention....

Home is a sustained mood or sense that allows us to experience feelings not necessarily sustained in the mundane world: wonder, vision, peace, freedom from worry, freedom from demands, freedom from constant clacking. All these treasures from home are meant to be cached in the psyche for later use in the topside world....

The vehicles through and by which women reach home are many: music, art, forest, ocean fume, sunrise, solitude. These take us home to a nutritive inner world that has ideas, order, and sustenance all of its own.

Home is the pristine instinctual life that works as easily as a joint sliding upon its greased bearing, where all is as it should be, where all the noises sound right, and the light is good, and the smells make us feel calm rather than alarmed. How one spends one’s time in the return is not important. Whatever revivifies balance is what is essential. That is home.
—Clarissa Pinkola Estes, *Women Who Run With the Wolves: Myths and Stories of the Wild Woman Archetype*

Poetry

Poems are typically excerpted. Click on the poem title (link) to read the whole poem.

Walking Meditation
Thich Nhat Hanh

I have arrived. I am home.
In the here, in the now.
I am solid, I am free.
In the ultimate I dwell.

Home

Warsan Shire

no one leaves home unless home is the mouth of a shark…
no one leaves home until home is a sweaty voice in your ear
saying-
leave,
run away from me now
i dont know what i've become
but i know that anywhere
is safer than here

Perhaps the World Ends Here

Joy Harjo

The world begins at a kitchen table. No matter
what, we must eat to live….
It is here that children are given instructions on
what it means to be human.

If porcelain, then only the kind

Stanisław Barańczak, translated by Frank Kujawinski

...who told you that you were permitted to settle
in?
who told you that this or that would last forever?
did no one ever tell you that you will never
in the world
feel at home in the world?

Altar Smoke

Rosalie Grayer

Somewhere inside me
There must have always been
A tenderness
For the little, lived-with things
A man crowds upon his worn fistful of earth.

The House of Belonging

David Whyte

This is the bright home
in which I live,
this is where
I ask
my friends
to come,
this is where I want
to love all the things
it has taken me so long
to learn to love.

This is the temple
of my adult aloneness
and I belong
to that aloneness
as I belong to my life.

There is no house
like the house of belonging.

What My House Would Be Like If It Were A Person

Denise Levertov

This person would be an animal....
And it would purr, though of course,
it being a house, you would sit in its lap,
not it in yours.

House

Sandy Florian

A building for habitation and habit. Or.
Headquarters of a domicile. A
dwelling
place of a family. Or. A structure that serves as
shelter. As. A burrow or nest or
cave. A shack in a series of shacks. With nooks and
garrets and stairs. This is
your corner of the world.

Birthplace: New Rochelle

George Oppen

Returning to that house
And the rounded rocks of childhood—They have
lasted well.

Articles

"Five Qualities of a Spiritual Home"

Heather E. Warren. *Medium*, Nov. 15, 2021.

So what actually makes a place or group a "spiritual home"? Warren talks about what is not a healthy spiritual home and outlines five qualities that are part of a genuine spiritual home: You feel wanted, welcomed or appreciated. You feel a sense of peace when you are there. There is a feeling of meaning and purpose. It encourages you to become the best version of yourself. You feel supported and fundamentally understood.

"Homeplace (a site of resistance)"

Bell Hooks. *Yearning: Race, Gender, and Cultural Politics*, 1990.

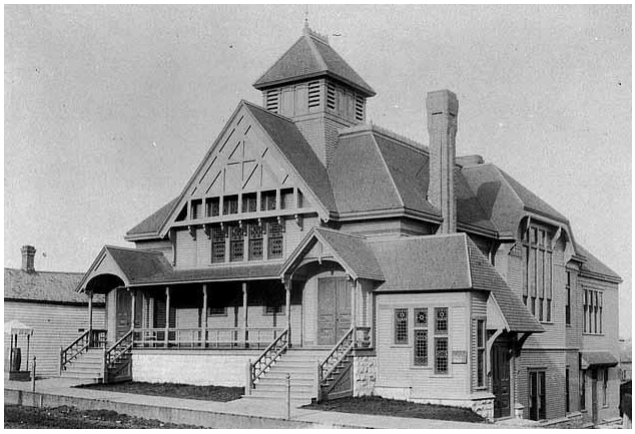
In this essay, bell hooks takes the concept of private domesticity and rereads it as a theoretical stance and as a public act of resistance. This essay both describes and theorizes the value of "homeplace" for black families living in the colonized world of white supremacy. By describing her grandmother's and mother's struggles to maintain a place of refuge from white hatred, to 'transcend their tiredness' in order to create private havens free from racism, hooks first pays homage to what she sees as a conscious and heroic choice on the part of black women.

Although this essay was published in 1990, we can now consciously include our legal and illegal immigrants, blended families, expanded family dynamics (same gender parents, both parents working, etc.), additional non-white families, and so much more. And this is all in a time when white supremacy yearns to reassert itself and to expand.

"Being Home"

Rev. Susan Moran. UU Society of Rockport, MA, 2016.

"What made our new members feel at home here? Was it the friendliness of this congregation? Was it the simple yet elegant look of the sanctuary? For me, the conch shells in the vestry as well as the one sitting on the shelf in the back of this sanctuary made me so happy."



Unity Church, Wabasha St. & Summit Ave., cir. 1890. The first Unity Church (built by the congregation) was conceived as a "Church Home," and designed in the American Queen Anne style of houses, new at the time. The asymmetrical style was a break from the strict symmetry of earlier styles; perhaps a metaphor for Unitarianism itself.

Prayers

To Come Home to Yourself

John O'Donohue

May all that is unforgiven in you
Be released.
May your fears yield
Their deepest tranquillities.
May all that is unlived in you
Blossom into a future
Graced with love.

Prayer

Andrea La Sonde Anastos

Beloved Host,
welcome me to unpack my life
in the ever-present home you provide here, now, everywhere, everywhen.
Nudge me to unroll my heart,
unfold my mind,
expand to fill the space:
unzipping the secret compartments
where I have tucked the salvaged feathers of broken dreams,
the small round stones of unanswered questions,
the shiny treasures that caught my eye.
Let there be light on the crumbs of long-gone nourishment
and the lint of past comfort.
Let me empty the backpack, the suitcase, the trunk, and rest just here, just now.
Let me breathe and rest.

Books

Home: 100 Poems

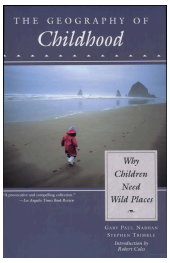
edited by Christian Wiman. Yale U. Press, 2023.
More than just a collection of poems, Wiman explores the meaning of home in poetry. "Home" has a wide range of meanings, some of which are contradictory, and dictionaries don't begin to help us understand this one word, but art in the form of a collection of poetry can. In the Anderson Library: 809.1 W.

Belonging: Remembering Ourselves Home

by Toko-pa Turner. Her Own Room Press, 2017.
Most of us think of belonging as a place outside of ourselves, that if we keep searching for, that maybe one day we'll find it. But what if belonging isn't a place at all, but a set of skills, or competencies, that we in modern times have lost or forgotten. In the Anderson Library: 155.92 T.

The Geography of Childhood: Why Children Need Wild Places

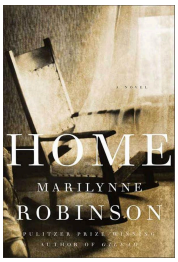
by Gary Paul Nabhan. Beacon Press, 1995.



Too many children grow up in urban areas dominated by human-made landscapes. Nabhan explores the connection between children and the natural world, and how wild spaces can lead to a greater sense of home. In the Children's Library, on the Parenting shelf.

Home: A Novel

by Marylinne Robinson. Farrar, Straus and Giroux, 2008.



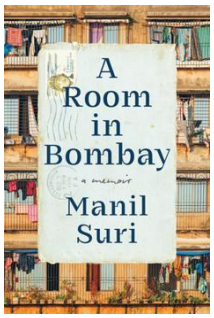
Glory Boughton, aged thirty-eight, has returned to Gilead to care for her dying father. Soon her brother, Jack—the prodigal son of the family, gone for twenty years—comes home too, looking for refuge and trying to make peace with a past littered with tormenting trouble and pain. Sequel to Gilead. In the Anderson Library: 813.54 R.

The Road Home: A Contemporary Exploration of the Buddhist Path

by Ethan Nichtern. North Point Press, 2015.
In this lively invitation to Buddhism, Nichtern uses fresh language to investigate the journey each of us takes to find where we belong. Meditation, he writes, "is the best way I've found to feel at home in my experience, which leads to a kind of sustainable satisfaction that can begin to pervade every situation you encounter, whether pleasant or painful."

A Room in Bombay

by Manil Suri. W.W. Norton & Company, 2026.



Indian American author Manil Suri grew up in a large crumbling apartment in Bombay (now Mumbai) which his parents, who were Hindu, shared with three Muslim families. Their single room, at times a refuge, was also a prison that held them captive—his parents stuck in an unhappy marriage, the author unable to explore the dawning realization he might be gay. This remarkable memoir explores how an abode can shape destiny. "This room that has been my crucible, controlled and tormented and driven me—how much has it shaped my history, my current self?" he writes. "One can never come back home, but one can also never truly get away."

The Return of the Prodigal Son: A Story of Homecoming

by Henri J.M. Nouwen. Image Books, 1994.

This classic spiritual meditation inspired by Rembrandt's painting is an intimate exploration of the prodigal, the elder son, and the father from the parable, examining themes of home and homecoming, reconciliation, and unconditional love.

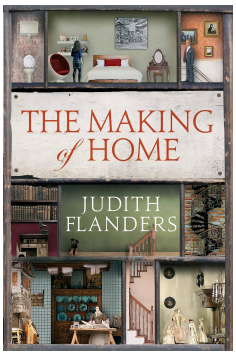
The Great Wherever

by Shannon Sanders. Henry Holt & Company, 2026.

In this expansive saga of a Black family, generations of spirits watch as their descendants debate whether or not to sell their ancestral home.

The Making of Home: The 500-Year Story of How Our Houses Became Our Homes

by Judith Flanders. A Thomas Dunne Book for St. Martin's Griffin, 2016.

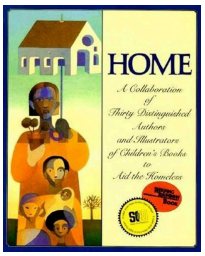


In *The Making of Home*, Flanders traces the evolution of the house across northern Europe and America from the sixteenth to the early twentieth century, and paints a striking picture of how the homes we know today differ from homes through history. The transformation of houses into homes, she argues, was not a private matter, but an essential ingredient in the rise of capitalism and the birth of the Industrial Revolution. Without 'home', the modern world as we know it would not exist, and as Flanders charts the development of ordinary household objects – from cutlery, chairs and curtains, to fitted kitchens, plumbing and windows – she also peels back the myths that surround some of our most basic assumptions, including our entire notion of what it is that makes a family."

Children's Books

Home: A Collaboration of Thirty Authors & Illustrators (Reading Rainbow Book)

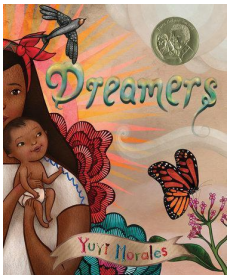
by Michael J. Rosen. HarperCollins, 1996.



Thirteen authors and seventeen illustrators celebrate the places and things that make up the home,—including Virginia Hamilton, Jerry Pinkney, Aliki, Jane Yolen, and more—reflect on the meaning of home, in a collection of stories, poems, and artwork designed to aid the homeless; in support of Share Our Strength's (SOS) fight against homelessness. In the Whitman Children's Library on the Family shelf.

Dreamers

by Yuyi Morales. Holiday House, 2018.



Yuyi brought her hopes, her passion, her strength, and her stories with her, when she came to the United States with her infant son. She left behind nearly everything she owned, but she didn't come empty-handed. The award-winning *Dreamers* is a celebration of making your home with the things you always carry: your resilience, your dreams, your hopes and history. In the Whitman Children's Library in Picture Books.

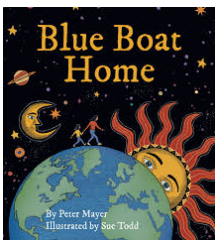
A Home on the Page

by Kao Kalia Yang. Illustrated by Seo Kim. Carolrhoda Books, 2026.

When a hateful message disrupts Nou's sense of safety and belonging, she asks each member of her family where they find home. For her father, it is in his songs. For her mother, it is in the garden. In a world that doesn't always welcome her, where can Nou find home? This extraordinary story tenderly explores how a young girl navigates racism and ultimately turns to writing, creating a home for herself on the page—and in the world. In the Whitman Children's Library.

Blue Boat Home

by Peter Mayer. Skinner House Books, 2025.



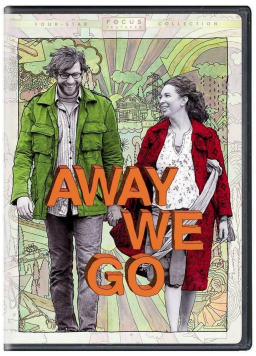
"I've been sailing all my life now /Never harbor or port have I known / The wide universe is the ocean I travel / And the earth is my blue boat home..."

In the Whitman Children's Library.

Movies

Away We Go

Sam Mendes, director. Focus Films, 2009.



A heartfelt film that explores the comedic twists and turns in one couple's journey across contemporary America. Anticipating the birth of their first child, the longtime couple embark on an ambitious itinerary to visit friends and family to find the perfect home and instead, discover "home" on their own terms. Written by Dave Eggers and Vendela Vida. DVD available at Ramsey County Library, and available on streaming services.

Nomadland

Chloé Zhao, director, 2020.

After losing everything in the Great Recession, including her husband, a woman in her sixties embarks on a journey through the American West, living as a van-dwelling nomad, challenging the meaning of home.

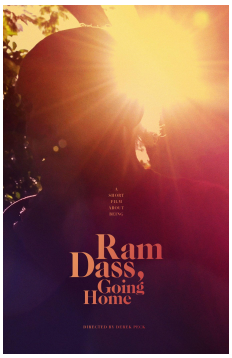
Lion

Directed by Garth Davis. 2016.

Years after being separated from his mom and adopted by an Australian couple, an Indian man returns to his hometown determined to find his birth family.

Ram Dass, Going Home

Derek Peck, director. Netflix, 2017.



Since suffering a life-changing stroke twenty years before, Ram Dass was living at his home on Maui and deepening his spiritual practice —which was centered on love and his idea of merging with his surroundings and all living things. Shot in a nuanced cinematic style, the film is an intimate summary of his life learning and awareness, and is ultimately a poetic meditation on life, death, and the soul's journey home.

Videos

Inside Gloria Steinem's History-Filled New York Home | Architectural Digest

At Home with Gloria Steinem

Architectural Digest. YouTube.

The home Gloria Steinem lived in since 1968 has meant many things including safety, shelter for friends, freedom, a gathering space for organizing, and a place of memory. It served both as a launching space to work for change, and a safe harbor to which to return. Gloria's Foundation will retain her home as a permanent gathering space for activism.

David Whyte: On Belonging & Coming Home

December 22, 2009. YouTube.

Whyte states, "we are the one part of creation that knows what it's like to live in exile, and... the ability to turn your face towards home is one of the great human endeavors and the great human stories. It's interesting to think that no matter how far you are from yourself, no matter how exiled you feel from your contribution to the rest of the world or to society —that, as a human being, all you have to do is enumerate exactly the way you don't feel at home in the world —to say exactly how you don't belong —and the moment you've uttered the exact dimensionality of your exile, you're already taking the path back to the way, back to the place you should be. You're already on your way home."

Podcasts

Joy Ladin: Finding a Home in Yourself

On Being, June 20, 2013.

In her mid-40s, Joy Ladin transitioned from male to female identity and became the first openly transgender professor at an Orthodox Jewish institution. Her story sheds unusual light on how gender shapes the lifelong work of being at home in ourselves.

Music

Playlists onYouTube Music are free to access without a Google account, though more features are available with an account. Click the playlist title link to access the playlists or music videos.

Home Playlist, YouTube Music

Homeward Bound – Simon & Garfunkel, *Parsley, Sage, Rosemary And Thyme*
Home – Phillip Phillips, *The World From The Side Of The Moon*
Take Me Home, Country Roads – John Denver, *Poems, Prayers and Promises*
This Must Be the Place – Talking Heads, *Speaking in Tongues*
The Earth Is Home – The Chancel Choir of the First Unitarian Church of Oakland
Music in the Air: Hymns from Our Liberal Religious Tradition, Vol. 2
Blue Boat Home - Peter Mayer, *Earth Town Square*
Coming Home - Peter Mayer, *Earth Town Square*
I Ain't Got No Home In This World Anymore - Woody Guthrie, *Dust Bowl Ballads*
Ain't Got No, I Got Life - Nina Simone, *drMandinga*
Homeless - Paul Simon, *Graceland*
To Build A Home - The Cinematic Orchestra & Patrick Watson, *Ma Fleur*
A House Is Not A Home - Luther Vandross, *The Best of Luther Vandross…The Best of Love*
Lift Me Up - Rihanna, *Lift Me Up*
Home Again - Michael Kiwanuka, *Home Again*
American Tune - Paul Simon, *There Goes Rhymin' Simon*
Canyon Home - Native American Flute, *Native American Flute*
Another Day in Paradise - Phil Collins, *...But Seriously*
Under the Bridge - Red Hot Chili Peppers, *Blood Sugar Sex Magik*

For More Information:

- Visit the Spiritual Practice page on the Unity Church website.
- Learn more about the Double Helix Model of Faith Formation.
- Please contact Philippa Anastos, Membership Coordinator and Program Assistant.

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