



Chalice Circle Packet

January 2022

Courage



Photo by [Sasin Tipchai](#) on [pixabay](#)

CONTENTS

Reflection

Spiritual Practices

Questions to Ponder

Resources

Unity Church-Unitarian, St. Paul, Minnesota

Unityunitarian.org

Courage

“The only thing we have to fear is fear itself,” Franklin Roosevelt announced in 1933, evoking a stiff-upper-lip kind of courage meant to assure a nation in the throes of the Depression. And we have repeated this ever since, as if by banishing fear we could overcome it.

Ask any group of children about courage, though, and they may offer a different wisdom. Courage, they may say, is an attitude of “anyway.” It’s when you fear something will bring trouble or pain or embarrassment and you do it *anyway*.

Courage and fear, it turns out, are not opposites. Rather, they define and shape each other. Fear sets a boundary within which most of us pass most of our days. It separates what we name as safe from what we deem as threatening – and each of us draws that line differently. Courage, on the other hand, allows us to step across that boundary when life or love or a higher value or conviction demands it. It beckons us to act *anyway*, knowing full well we are stepping toward risk or danger, which requires knowing what our fears are in the first place.

Under FDR’s advice, we don’t get close enough to our fears to know them. Whistling our way along, pretending not to hear fear’s footsteps, we lose a key source of guidance. After all, fear is our built-in warning system. It taps us on the shoulder and says “Watch out! Pay attention!” It can be critical to survival. “Fear is a natural reaction to moving closer to the truth,” says the Buddhist monk Pema Chodron. Why would we send it packing?

The root of the word courage is *coeur* or “heart.” In Buddhist teachings, the soft spot in the center of our heart is one of our greatest treasures, the seat of compassion where we find our connection to all other beings. The courage of the spiritual warrior is found not in the fearful act of armoring and protecting this tender spot. It is found by opening the heart wider.

“You faced the death bombs and bullets,” writes poet Ann Sexton, “. . . with only a hat to cover your heart.” Now *that’s* courage. Dropping the armor that shields us from relationship and stepping deeper into the world *anyway*. Not guarded from vulnerability nor running from it but engaging in what is fearsome because our heart tells us to. David Whyte says, “Courage is what love looks like when tested by the simple everyday necessities of being alive.”

Notice, though, not all courage is inspired by love. There is courage present on the frontlines of the most unjust wars and causes. Courage can enable all kinds of terrible acts. Perhaps this explains the many Bible passages calling for “good courage” and expressed as imperatives: *Fear not. Take good courage*. Nowhere in these teachings, that I know of, does the word vulnerability appear, but we are told in the Gospels that “perfect love drives out fear.” We learn from Biblical and other wisdom teachings that courage is at its best when disciplined to pair with love, to harness the ego, and to align us with the interests of community and relationship and the earth itself.

What does courage look like in a time of pandemic? And in the chaotic disruption of unjust systems and unsustainable living? What do we mean by the “courage of our convictions” when living with so many unknowns? What does the “courage of our uncertainties” look like?

We are still wise to “take good courage.” To muster love in the face of fear. To be strong not by guarding ourselves or withdrawing into isolation, but by moving boldly *toward* one another, “with only a hat to cover our heart.”

Courage has been tucked into every one of us if we but learn to tap it and develop it – and then *en-courage* one another to do the same. Vulnerable and exposed, we are all invited to step over the lines of fear we have drawn around us, individually and in our communities of common values or identities. To move toward that brave place where we might truly and tenderly meet one another, hats off, hearts open, courageous open hands extended.

By Karen Hering on behalf of this month's theme team: Ahmed Anzaldúa, Drew Danielson, Tom Duke, Ray Hommeyer, KP Hong, Kathy Hurt, and Laura Park (and adapted from an earlier CommUNITY reflection by Karen Hering).

Spiritual Practices

Option A

Natural Bravery: Making Friends with Ourselves

Chögyam Trungpa Rinpoche says: “Ultimately, that is the definition of bravery: not being afraid of yourself.” A deepening friendship with our own being opens up the possibility of compassionate engagement with others. This means transforming the habitual attitude of fearing others to instead practice limitless loving kindness and compassion as our basic way of being alive.

Save some time each day, for a week or more for the practice and reflections described below.

Open into the space around you: Sitting comfortably in silence and with attention to your breath, with each out breath, let go of any comparisons or criticisms of yourself that might be part of your habitual self awareness. Ask the question, where am I anxiously measuring myself, and for each answer that arises, intentionally let it go on the next out breath. Do this with each comparison or criticism that occurs to you. Take a few more slow breaths in and out, appreciating the gift of being you, just as you are.

Enter into creative engagement: As the problems facing our world and the threats to our collective survival on this planet loom ever larger, we cannot separate our inner journey from its natural fulfillment in outer manifestation. Consider this question: in your home, workplace, community, and at church, where are you acting from the courage to be yourself? Where are you held back by fear – of your own power or of your limitations? How might compassion for yourself, just as you are, encourage you to more bravely engage with your own life’s challenges, with the challenges of your work or community, or the challenges of our times?

Come to your next circle ready to share what you’ve learned.

Adapted from *Natural Bravery: Fear and fearlessness as a path to awakening* by Gaylon Ferguson.

Option B

The Courage of Our Resolutions

As the New Year begins, here's an approach to making resolutions proposed by Jaime Meyer as having the courage to listen to – and follow – our own hearts in the year to come. He writes:

Forget about "this is what I should/must do to become better." Place your attention on a simple (yet totally loaded) question: "How do I want to feel?" (Not "how do I want to stop feeling," but "how do I want to feel?"). This is a deceptive question. Voices may quickly pop up saying "Bah-humbiddy-hogwash! That's so simple-minded! And everything is out of control and so very complicated!"

Shamans understand a "resolution" as a commitment we make in partnership with one's helping spirits and nature allies. The Celts called it "the vow to the spirits," and it's one kind of shamanic prayer. But our helping spirits don't read our action plan ("I will get into shape!") because it's usually full of practicality, which means it's full of the fear of being judged, which means it's full of lies, and it's secretly written by other people, often without us even being aware. This is why the "resolution failure rate" is so high.

Spirits read our heart. And they understand that an intention spoken cleanly from the upper heart can be activated in many, many, many ways, most of which the rational, practical, mind - obedient to cultural programming - quickly rejects. (What I mean by "spoken cleanly" is an intention that is purely, courageously, sincerely your own, not one foisted on you by someone else. And what I mean by "upper heart" is an intention free of any fear, an intention that makes you feel happy when you behold it.)

Following this approach, what resolutions will you craft for 2022? How will you name how you want to feel in the coming year – and what will you do to be more open and attentive to unexpected opportunities and invitations to make that possible? What intentions might make you more present to the wisdom and longings of your heart in the year to come?

Come prepared to share your heart's resolutions and intentions.

Option C

Recognizing Courage

There are many kinds of courage. Bernard Waber, in the children's book *COURAGE*, says that there are everyday kinds and awesome kinds. Being the first person to make up after an argument takes a kind of courage. A blade of grass breaking through the snow is courage. Other books for kids describe courage as a bird leaving its nest for the first time hoping to fly, and finding the inner strength to say "I can," when you feel like you can't. There are many kinds of quiet courage that no one may ever know about or acknowledge. Sometimes it takes courage to have faith that there is goodness in the world, faith that people fundamentally care about each other, or to get up every morning with the faith that you can try again, do better, or make a difference.

Think about your family, friends, and community – and nature itself – with a child's eye. What examples of courage have you witnessed? In what ways have you displayed courage?

Make a list, and add to it, daily if possible for a week, noticing whenever you see, hear about, experience or think of another example. After a week's listing, take a look at the types of courage you have witnessed or experienced. Circle the ones that are especially inspiring to you. If you like to write, make a list-poem titled "Where Courage Lives" and name the different forms on your list. Or you might want to just choose one form of courage on your list and imagine it as a leading energy in your life. Write it at the top of your page, followed by the prompt "With courage like this, I " and follow wherever it leads. If you prefer visual imagery, cut out or draw images and words to make a collage that represents your courage list. Notice what it reveals that might not have been apparent on your list.

Bring your list and your writing or your collage to the circle to share what you've discovered.

Shelley Butler

Questions to Ponder

Read through the questions below and notice which one(s) resonate with you. One or more of the questions might seem particularly compelling – or some might stir resistance in you. Either of these reactions might make the question fruitful to consider. Choose just one and take time to consider it, over several days if possible. Write it down on a piece of paper you carry in your pocket. Or take a picture of that paper with your phone. Or record it in your journal—and spend some time, each day if you can, reflecting on it in writing or otherwise, noticing where it leads you and what you learn from it and your response to it.

1. Where are you saying “Yes” when you need to courageously say “No”?¹
2. What kinds of micro-courage do you experience in your day-to-day life? How is this related to your identity (gender, sexual orientation, class, race, abilities, etc.)?
3. What aspects of Unitarian Universalism have given you more courage? What is the relationship between faith and courage in your life?
4. Did the murder of George Floyd and the subsequent uprisings change how you think about courage? How so?
5. How has your sense of courage changed over time, and why? Has the way you assess risk changed, too?
6. Who says it’s always courageous to never give up? How might life be calling you to bravely “let it go” and walk away?
7. Especially in contexts where your identity brings you privilege, how do you determine when courage asks you to stand up and speak out, and when does it require that you sit down and listen?
8. Have you ever prioritized niceness and superficial peace over having the courage to disrupt injustice? How do you regard disruptive courage?
9. What is the relationship between courage and fear in your experience?
10. Is there a difference between the courage to do something one has chosen vs something one has no choice about? Why or why not?
11. Is it possible that praising another person’s courage might be a sort of deflection of responsibility? By placing responsibility for hard decisions or risk elsewhere, might we avoid hard decisions ourselves?
12. Even as we try to focus on the presence of “good courage,” how do you deal with the presence of “evil courage” in the world?
13. **What is your question?** Your question may not be listed above. As always, if the above questions don't name what life is asking from you now, spend the month listening to your heart to hear what your question is.

¹ Questions 1-2: Unitarian Universalist Congregation of Phoenix-- small group ministry packet <https://www.phoenixuu.org/wp-content/uploads/2016/02/Courage-October-2017.pdf>

Resources

Recommended Resources

for Personal Exploration & Reflection

The following resources are not required reading. They will not be analyzed in our circles. Instead, they are here to companion you on your journey this month, get your thinking started and open you to new ways of thinking about what it means to be part of a people of courage.

Word Definitions & Roots

Courage

Merriam-Webster defines “courage” as the “mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty” but we might add that at its best as a virtue, it also involves acting for the common good, to help someone or to help the person being courageous to be true to their identity, their heart and their values.

Word Origin:

The word “courage” comes from the Latin “cor” meaning heart, where emotion resides.

Wise Words

“The forces that threaten to negate life must be challenged by courage, which is the power of life to affirm itself in spite of life’s ambiguities. This requires the exercise of a creative will that enables us to hew out a stone of hope from a mountain of despair.”

~Martin Luther King, Jr., from *Strength to Love*

“Courage is not simply one of the virtues, but the form of every virtue at the testing point.”

~C. S. Lewis

“I must not fear. Fear is the mind-killer. Fear is the little death that brings total obliteration. I will face my fear. I will allow it to pass over me and through me. And when it has gone past, I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.

~Frank Herbert, from *Dune*

“Vulnerability is not weakness, and the uncertainty, risk, and emotional exposure we face every day are not optional. Our only choice is a question of engagement. Our willingness to own and engage with our vulnerability determines the depth of our courage and the clarity of our purpose; the level to which we protect ourselves from being vulnerable is a measure of our fear and disconnection.”

~Brené Brown, from *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*

“If we can recognize that change and uncertainty are basic principles, we can greet the future and the transformation we are undergoing with the understanding that we do not know enough to be pessimistic.”

~Hazel Henderson, from *The Politics of the Solar Age: Alternatives to Economics*

“Courage is a kind of salvation. Courage is knowing what not to fear.”

~Plato, from *The Republic*

“And then the day came, when the risk to remain tight in a bud was more painful than the risk it took to Blossom.”

~Anais Nin

“You may not always have a comfortable life and you will not always be able to solve all of the world’s problems at once but don’t ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own.”

~Michelle Obama

“The courageous heart is the one that is unafraid to open to the world, to care no matter what.”

~Jack Kornfield, from <https://jackkornfield.com/the-courageous-heart/>

“Our word ‘courage’ comes from the French word *coeur*, ‘heart’. Courage is a willingness to act from the heart, to let your heart lead the way, not knowing what will be required of you next, and if you can do it.”

~Jean Shinoda Bolen

“I saw the suffering and I let myself feel it... I saw the injustice and was compelled to do something about it. I changed from being a nun who only prayed for the suffering world to a woman with my sleeves rolled up, living my prayer.”

~Helen Prejean

“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, from *The Transformation of Silence into Language and Action*

“Courage is that rare moment of unity between conscience, fear, and action, when something deep within us strikes the flint of love, of honor, of duty, to make the spark that fires our resolve. Courage is the highest quality of life attainable by human beings. It’s the moment — however brief or singular — when we are our complete, best self...”

~John McCain, from *Fast Company*

<https://www.fastcompany.com/90227006/john-mccain-on-courage-and-american-culture>

Poetry

Waiting for a Greyhound Bus at the Los Angeles Station

by Cynthia Guardado

A black woman stands with two toddlers hanging off her hips.
Her balance is perfect as she pushes her luggage with one leg,

the boys curl into her shoulders unaware of how
they all slide forward. I offer her my help.
Her face is serious

when she says, *Yes*. On the bus, her boys nestle into their shared seat.
The driver, a white man, begins his headcount:

duck, duck, goose. He asks for her ticket.
Says, Only one child is free,
tells her to pay for the other or get off. It is past 2 AM

and he threatens her with the mention of his superior.
What goes through his mind as he argues with a mother

juggling her children? Empty seats surround us like silent witnesses; this time rules can't be broken.

I stand up to say, *One child is with me*, but this young mother doesn't trust me or the difference between us.

Another woman stands and says the child is with her and then another woman says the child is with her.

Something beautiful is happening here, and the driver can no longer fight our unity or the energy within us.

<https://www.splitthisrock.org/poetry-database/poem/waiting-for-a-greyhound>

For My Young Friends Who Are Afraid

by William Stafford

There is a country to cross you will find in the corner of your eye, in the quick slip of your foot—air far down, a snap that might have caught. And maybe for you, for me, a high, passing voice that finds its way by being afraid. That country is there, for us, carried as it is crossed. What you fear will not go away: it will take you into yourself and bless you and keep you. That's the world, and we all live there.

[For My Young Friends Who Are Afraid by William Stafford – Words for the Year](#)

The Republic of Tenderness

by Nathan Spoon

You are living inside the cup of another life. Water is running slowly. Somewhere a hand is overflowing with the abundance and celebration denizens dream of. Meanwhile if there is happiness it hangs within images of solar eclipse : moistening the soil in a pot in order to be drawn upon joyfully by the plant whose roots have spread throughout. It is the feeling of confidence

after all that makes your life as it is possible. Space alone cannot be enough if you mean to leave a miracle permeating your dust. This is a note of encouragement left in a difficult world during a difficult moment. This is a secret you already know even though you are waiting to realize that. You are the answer everybody else is waiting for. There is no pressure. You are the answer.

<https://www.splitthisrock.org/poetry-database/poem/the-republic-of-tenderness>

Prayer

Witnesses of the World / Testigos del mundo

by Tania Márquez

It is now, when we are called as witnesses of the world.

To mend it, to change its course, to restore it.

It is now, when we are called to act on our values,

Not to hide, not to fear, but to be bold and loud.

It is now that we are called to continue our fight for justice,

To organize, to speak up.

It is now.

Let us gather, let us give each other courage,

Let us worship.

Es ahora que estamos llamados a ser testigos del mundo:

a enmendarlo, a cambiar su curso, a restaurarlo.

Es ahora que somos llamados a vivir nuestros valores,

a no escondernos, a no temer sino a ser audaces y a hacer ruido.

Es ahora que somos llamados a continuar nuestra lucha por la justicia:

a organizarnos, a levantar las voces

Es ahora, reunámonos, démonos valor unos a otros. Celebremos.

[Witnesses of the World / Testigos del mundo | WorshipWeb | UUA.org](#)

Articles

Natural Bravery - Fear and fearlessness as a path to awakening

by Gaylon Ferguson

From FALL 2011 *Tricycle: The Buddhist Review*

Natural Bravery begins with discovering courage as our basic nature. This fundamental or original nature manifests as the confidence we demonstrate every day in facing the challenges of relationships, family, work, money, and health. The approach here affirms that we already are brave—and that we can strengthen and ripen this innate seed of fearlessness through mindfulness-awareness meditation practice. As Suzuki Roshi advised his students: “You’re perfect as you are, and you could use some improvement.”

<https://tricycle.org/magazine/natural-bravery/>

Vulnerability as a Spiritual Path

by Miki Kashtan

The path of vulnerability includes understanding what generates so much fear about stepping into more vulnerability in our lives; learning to sit with the discomfort to create more self-connection; finding ways of redefining vulnerability as strength; discovering an inner sense of safety; and securing support in inhabiting more authenticity. More than anything, though, the path of vulnerability is about choice: How can we muster inner strength to understand, face, and transform our fears so we can have the aliveness and authenticity that come from the willingness to share our truth?

From <https://baynvc.org/vulnerability-as-a-spiritual-path/>

11 Habits of Genuinely Brave People

by Jeff Haden

There are many ways to be courageous that will never make the news headlines. This article describes several less obvious ways of showing courage. For example, sometimes it takes bravery to believe the unbelievable, to have patience, or to forgive.

<https://www.inc.com/jeff-haden/11-habits-of-genuinely-brave-people-first-90-days.html>

21 Ways You Flex Your Bravery Every Single Day

by Martha Tesema

One of the greatest things about bravery is that it looks different on everyone. For some, bravery might be physical acts of defiance—like running a marathon—and for others, it might be expressing their feelings or standing up for what is right. But one thing everyone's acts of courage have in common? They're infectious.

The vulnerability that comes with bravery can create an astounding ripple effect.

But if you're struggling to think of the last time you flexed your own bravery muscle, guess what: Bravery isn't always a groundbreaking endeavor. It's a skill that's practiced and honed over time, through the small acts that you do on the regular. Everything from making a decision to sticking with your personal values counts.

Excerpt

<https://advice.theshineapp.com/articles/21-ways-youre-brave-on-a-daily-basis/>

The Courage to Believe

by Steven T. Ostovich

Excerpts: Faith gives us courage. And faith encourages us to be brave, even heroic on occasion. We can face the difficulties in our lives head-on, because we know that with faith we can move mountains and we know with God nothing is impossible. Our belief gives us the courage to do what needs to be done. Even if we sometimes fail in our attempts to do the right thing, faith gives us the courage to face our own shortcomings...

...Faith is about more than answers, however. It is faith that moves us to ask questions to begin with and faith that gives us the courage to keep going and ask further relevant questions of ourselves, our world, and our God as we pursue the truth of meaning. And faith moves us to action. Faith is something we live, not just something we hold onto...

And yet are there not times when our habits are interrupted, when our beliefs are challenged, when something brings us up short and makes us think? Do we not all have experiences that undermine our faith and call for a response that takes courage, the courage to believe?

From *The Courage to Believe* in *The courage of faith : some philosophical reflections*

<https://litpress.org/Products/GetSample/1872/9780814618721>

Love the hell out of this world

by Susan Frederick-Gray, *UU World*, Winter 2018.

Excerpt: What would it mean to show up in the places where hell, where suffering and violence, persecution and inhumanity, prevail and to bring an active, powerful

form of love that affirms dignity, liberation, and peace? It would mean leaving the confines of privilege to show up in solidarity, engaging and being in the struggle with those most directly impacted by injustice. It means siding with the national prisoners strike, with refugees and children criminalized and jailed, it means ending police violence, it means showing up against anti-Muslim and antisemitic policies and rhetoric, and it means showing up with our sisters in the streets and in the voting booths to recognize the dignity and integrity of women's lives, bodies, and choices.

Answering this deeper call of our theology and mission is the quality that ensures our congregations and communities are not mere social clubs but real agents of moral and spiritual change.

All religious communities are unavoidably a part of the status quo. We are ancient institutions, with special privilege in the community and tax-protected status. However, if we are not also acting fearlessly for human dignity, compassion, justice, and peace, then we are failing to live our mission.

[Love the hell out of this world | UU World Magazine](#)

Cultivating Everyday Courage - The right way to speak truth to power by James R. Detert

Summary: In many stories, we hear about workplace courage, the people who fight for positive change end up ostracized or lose their jobs. Most acts of courage don't come from whistle-blowers or organizational martyrs, however. They come from respected insiders at all levels

who take action because they believe it's the right thing to do. And when they manage the process well, they don't necessarily pay a high price; indeed, they may see their status rise. People who succeed in their courageous acts, or suffer fewer negative consequences, tend to exhibit certain behaviors: They lay the groundwork for action; they carefully choose their battles; they manage messaging and emotions, and they follow up afterward.

Harvard Business Review, November-December 2018. <https://hbr.org/2018/11/cultivating-everyday-courage>

Podcasts/Radio/Blogs

Braver/Wiser

Braver/Wiser is a blog that provides a weekly message of courage and compassion for life as it is. Every Wednesday it delivers an original written reflection and brief prayer, grounded in Unitarian Universalism. www.uua.org/braverwiser

My Bad

This American Life episode 749, 2021

On its face, this episode is about embarrassment, and how we handle it, but I think there's an underlying message about the quiet sorts of courage it takes to continue living after a deeply embarrassing experience.

Listen online:

https://www.thisamericanlife.org/749/my-bad?fbclid=IwAR2kzr9ImDZXWYHx9YJRumEutWUckgZZ_vhTo83EidNR79LEaDKYwtRjIRY

Books

March: Book One

by John Lewis and Andrew Aydin

March is a vivid first-hand account of John Lewis' lifelong struggle for civil and human rights, meditating in the modern age on the distance traveled since the days of Jim Crow and segregation. Rooted in Lewis' personal story, it also reflects on the highs and lows of the broader civil rights movement.

<https://www.penguinrandomhouse.com/books/560278/march-book-one-oversized-edition-by-john-lewis-andrew-aydin-nate-powell/>

I am Malala

by Malala Yousafzai

The autobiography of Malala Yousafzai, the Pakistani activist for female education and a Nobel Peace Prize laureate. For her advocacy of female education, the teenage Malala was the victim of a 2012 assassination attempt by the Pakistan Taliban. She survived the attempt and, after recovery from her wounds, continued both her education and advocacy work.

<https://www.littlebrown.com/titles/malala-yousafzai/i-am-malala/9780316322409/>

Courage to Be

by Paul Tillich

This classic work by twentieth-century theologian and philosopher Paul Tillich describes the dilemmas of contemporary times and points a way to address the problems of anxiety.

<https://yalebooks.yale.edu/book/9780300188790/courage-be>

Courage

by Bernard Waber.

A children's book that explains awesome and everyday kinds of courage in new and unique ways. "Courage is a blade of grass breaking through the icy snow."

HMH Books for Young Readers, 2002

Anne Frank Remembered: The Story of the Woman Who Helped to Hide the Frank Family

by Miep Gies and Alison Lesley Gold.

Miep Gies and her husband were two of around 20,000 courageous Dutch people who hid Jews during the Nazi occupation, in their case hiding Anne Frank's family and later finding Anne Frank's diary. Gies calls her story one of ordinary people during extraordinary times. But as this book makes clear, those times brought out the extraordinary courage of those ordinary people.

<https://www.simonandschuster.com/books/Anne-Frank-Remembered/Miep-Gies/9781416598855>

Unbound: My Story of Liberation and the Birth of the Me Too Movement

by Tarana Burke

This memoir is a masterclass in having the courage to do the hard, painful work of healing, and to share the results of that healing with others who need it. Burke also embodies courage when she defies people close to her in order to protect young girls, and to stop sweeping sexual abuse under the rug. Content warning: descriptions of sexual assault.

<https://www.goodreads.com/book/show/57351643-unbound>

Movies

Harriet

Directed by Kasi Lemmons, 2019

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

<https://www.imdb.com/title/tt4648786/>

Mangrove

Directed by Steve McQueen, 2020

Mangrove tells this true story of The Mangrove Nine, who clashed with London police in 1970. The trial that followed was the first judicial acknowledgment of behavior motivated by racial hatred within the Metropolitan Police.

Mangrove is the first film in *Small Axe*, a series of five films based on the real-life experiences of London's West Indian community, set between 1969 and 1982. *Small Axe* is crafted from a true story about a struggling immigrant community trying to save a restaurant that was the hub of the West Indian community in West London's Notting Hill during the 1960s.

[Mangrove film](#)

[Small Axe Mangrove \(TV Episode 2020\) - IMDb](#)

Skater Girl

Directed by Manjari Makijany, 2021

Skater Girl is a coming-of-age story about confidence, courage, and the profound impact of blazing your own trail. Set in a remote village in Rajasthan, India, the film follows Prerna, a local teen living a life

bound by tradition and duty to her parents until she and the other local children are introduced to skateboarding by two people visiting the town from London. The kids become infatuated with the sport, leaving Prerna with a difficult choice between conforming to society's expectations of her or living out her dream of competing in the National Skateboarding Championships.

[Skater Girl - Rotten Tomatoes](#)

BlacKkKlansman

Directed by Spike Lee, 2018

BlacKkKlansman is an American biographical spy crime comedy film. It is based on the 2014 memoir *Black Klansman* by Ron Stallworth.

Ron Stallworth, an African American police officer from Colorado Springs, CO, successfully manages to infiltrate the local Ku Klux Klan branch with the help of a Jewish surrogate who eventually becomes its leader. Based on actual events.

[BlacKkKlansman \(2018\) - IMDb](#)

Music

Courage Playlist

For a playlist inspired by the opening reflection on this month's theme and prepared by a Unity member, visit this Spotify link. (Note: you may have to register for a free Spotify account to listen to more than 30 seconds of each song.)

<https://open.spotify.com/playlist/OkJfDeI5xk6I2Y6lgyD93L?si=abc94c2315404712>

- *FEAR* by Kendrick Lamar
- *Anyway* by Sizzy Roach and Maggie Roach

- *Fear (Is A Man's Best Friend) – Fragments* by John Cale
- *Tell the Truth* by Ray Charles
- *In This Heart* by Sinéad O'Connor
- *Brave* by Sara Bareilles
- *Love Without Fear* by Da Wilson
- *I Still Haven't Found What I'm Looking For* by U2
- *We Walk the Same Line* by Everything But The Girl
- *River* by Leon Bridges

Eyes on the Prize (Hold On)

by Sweet Honey in the Rock and James Horner
[Eyes on the Prize](#)

Stand Up

by Cynthia Erivo
[Stand Up](#)
 From the movie *Harriet*.

Roger Ebert

by Clem Snide
[Roger Ebert Dying Words](#)

Art

Courage Calls

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Millicent Fawcett was an English politician, writer and feminist. She campaigned for women's suffrage by legal change and in 1897–1919 led Britain's largest women's rights association, the National Union of Women's Suffrage Societies.

[Millicent Fawcett - Wikipedia](#)

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