



# Spiritual Practice Packet

October 2022

## *Longing*



*Person Standing Under A Rock Formation On A Starry Night, Pixabay*

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Unity Church-Unitarian, St. Paul, Minnesota

[Unityunitarian.org](http://Unityunitarian.org)

# Longing

The life of a congregation is a rich community tapestry of people, programs, ministries and worship. We lift up the patterns of this tapestry at Unity Church with the threads of monthly themes woven through our worship and programming. These themes deepen our understanding of our own faith and strengthen our bonds with one another in religious community.

*We are all longing to go home to some place we have never been – a place, half-remembered and half envisioned we can only catch glimpses of from time to time.*  
Community. - Starhawk

What does it mean to “long?” Is it to “dwell in thought” as the dictionary suggests? How is it different than to yearn – to crave – to wish for or to desire? or is it “a strong desire, ache, churning, hunger, thirst or a hankering?” As we explore the theme for October of “longing,” we may discover that far from being simply “wishful thinking,” longing is intimately connected to a religious and spiritual impulse for more depth, meaning and purpose. Former Episcopal priest Barbara Brown Taylor claims that when people talk about being “spiritual but not religious,” what spiritual often means is “the name for a longing — for more meaning, more feeling, more connection, more life.”

Taylor notes that even people who rest comfortably inside the institutional church and consider themselves religious feel this longing and “harbor the sense that there is more to life than they are being shown.” When UUs sing about there being “more love somewhere,” this may be the feeling we are trying to express. We know there is more, and we are going to “keep on ‘til we find it.”

Sri Sri Ravi Shankar asked “what is the difference between desire and longing? Desire is a fever of the head, longing is the cry of the heart.” If that is true, then how do we listen to the “cry of the heart?” One of the ways is certainly through music.

While reflecting on this theme, Unity’s Director of Music Ahmed Andulzúa remembered a Choral Concert he conducted, in which the central theme was four different expressions of longing: *Sehnsucht* (German); *Saudade*, (Portuguese/Brazilian), *Sevdalinka* (Arab/Turkish) and *The Blues* (African American). German’s *Sehnsucht* attempts to express the longing for a deeper relationship to life itself, often understood as German romanticism; *Saudade* (Portuguese/Brazilian) is a feeling of melancholy that colors the Portuguese and Brazilian temperament; *Sevdalinka*, often heard in Bosnia and Herzegovina, is music which reveals love, grief, enthusiasm and joy all at the same time; and *The Blues* is a genre of music many of us are familiar with and expresses the struggle of being black in America; the haunting tension of suffering and surviving the brutality of racism. These musical styles express different aspects of the human emotion of longing.

For some, longing is an uncomfortable and awkward word. It reminds us of craving for that which we no longer or can’t have. It can be a kind of nostalgia that isolates a person from being fully present to the here and now. As Fernando Pessoa wrote:

*The feelings that hurt the most, the emotions that sting the most, are those that are absurd – the longing for impossible things precisely because they are impossible; nostalgia for what never was, the desire for what could have been; regret over not being someone else;*

*dissatisfaction with the world's existence. All these half-tones of the soul's consciousness create in us a painful landscape, an eternal sunset of what we are.*

Longing then can be a form of nostalgia or, it can easily be misinterpreted as “constant craving.” In the late capitalist society in which we live, we are constantly being sold the lie that material goods will satisfy our longings and provide fulfillment. Bombarded by messages linking happiness with consumption, we get lost amidst the promise of easy solutions to our longing for more. Our yearning for connection and depth gets repackaged and expressed as a craving for stuff.

But what if we considered longing not as a verb, but as a noun? Nouns simply identify a class of people, places or things, and in so doing, describe an inherent part of the human condition. It is an attempt to express the inexpressible; that feeling within the human heart – longing for what has been and the not yet; for the invisible to be made visible, whether in art, music or in the return of a beloved person from our past; to an inchoate sense of incompleteness. Jeremiah Abrams wrote:

*We all carry a holy longing, a yearning to know the meaning of our lives, to have a connection with the transpersonal, to experience the spiritual dimension of human life, to return to our souls' divine origins. Spirituality is the art of creating union with something greater than ourselves, with a Higher Power.*

The Irish priest and poet John O'Donohue asks that each of us “come to accept your longing as divine urgency” and to bless “the longing that brought you here and quickens your soul with wonder.” Similarly, every Sunday at Unity our common prayer calls us to “live into our longing to embody and help to build the Beloved Community.” The plea that we might “live into our longing is a countercultural understanding of longing. This is not longing as acquisition, as unfulfilled sexual desire, as yearning for lost youth. Instead, our weekly prayer calls us to stay awake to new possibilities and keep moving toward our better selves. Living into longing creates a divine urgency that pulls us toward the holy and helps us move from isolation into community. But for all the theological implications of longing leading us toward wholeness, it is a bittersweet feeling.

Longing then may be better suited as a noun, which means we simply accept it as a state of being, and therefore, we must also accept that as such, life is imperfect and impermanent. If we treat longing as a noun instead of as a verb – as a state of being to be desired to be honored; this is what is intrinsic to what it means to be fully human; is to be in this unresolved state of being. It is beautiful because it's incomplete.

*By Kathleen Rolenz on behalf of this month's theme team: Andrea La Sonde Anastos, Ahmed Anzaldúa, Tom Duke, Karen Gustafson, and KP Hong.*

# ***Spiritual Practices***

## ***Option A:***

### ***What Does It Mean to Claim the Torch?***

Sometimes longing helps us name the aspirational gap between what is and what is possible. It helps us work for justice perhaps or to work for wholeness in our own lives or to repair relationships. This is both a meditative and action-oriented exercise, both of which invite you to explore your relationship with the longing for justice:

#### **The meditative part:**

Make time to watch and meditate on this five-minute video: <https://vimeo.com/146151529>

Also consider meditating on this quote that is taken from the video:

*“A movement is not a flash of light. It is a flame. It is a torch passed from one generation to the next. And every so often we are blessed with moments when the smolder transforms into a blaze again and we’re forced to race down the path of progress, again. Step. Move. Walk. Witness. Transform the movement forward.... Wake up! Our right to remain in slumber has been revoked.*

*Silence and apathy are now the only crimes. Watch now how every breath is a dance of dissent. Every raised fist an act of resistance. Witness this moment in history turn blaze again. Every moment the flame is growing. But will you be the fire. This time, will you be ember? Will you be catalyst and combustion? Will you claim the torch?”*

~Wyatt Closs, Policy Link Video

Use the video and words to help you find your place in the current social shifts and struggles taking place today. If this is one of those times when the embers of justice are ready to catch flame, what is your part? How can you contribute? What is your way of claiming the torch? What leads to the action part of the exercise...

#### **The action-oriented part:**

As you wrestle with these questions - What is your part? How can you contribute? - identify one action-oriented commitment that qualifies as “claiming the torch.” Big or small. Personal transformation or group effort. It doesn’t matter. The important piece is figuring out what it means *for you*.

## **Option B: Go Big!**

Sometimes taking on a clear “opponent” is less overwhelming than following a passion that is guaranteed to lead you into the unknown. Sometimes, as Marianne Williamson has famously said, “It is our light not the darkness that most frightens us.” Bottom line: We often mute the voice of longing because we’re scared of what it is asking of us. We don’t want to feel desire because we know it is asking us to change, in ways that seem unimaginably hard.

But there comes a time when the voice can’t be muted. The hunger trumps the fear. The voice in your head keeps saying, “This life is too small” and “I am selling myself short.” If this is true for you, make this the month of wild embrace. Let your desire loose. Don’t just lean in, jump in.

Here’s some inspiration:

*“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

Over the next week, take time each day to *Go Big!*

Each morning, take a few minutes to identify one *Go Big!* thing for the coming day. Write it down in a “Going Big” journal for the week.

Each evening, take time to consider how you acted on the *Go Big!* thing you identified in the morning. Ask yourself:

1. Did I *Go Big!* with what I identified this morning? Make note of what you did or did not do.
2. Perhaps the events of your day provided some other opportunity for you to *Go Big!* Did you *Go Big!* with it? If yes, make note of what you did with the opportunity. Make a note in your “Going Big” journal, if you started one.

At the end of the week, take out your Going Big journal and review what you did and did not do. Perhaps jot down a few notes about Going Big in the coming week.

***Option C:***  
***What Gets You Up in the Morning?***

What gets you up in the morning? One can go through their whole life not knowing the answer to that. Routine too easily takes over our lives. Something is wrong when “the alarm clock” is the primary thing that pushes us into the day. This exercise asks us to get into relationship with a different source of momentum.

Your assignment: For one week, take 10 minutes at the beginning of your day or at bedtime the night before to identify one thing you want out of the coming day. One thing that you want. In the midst of all the obligations ahead of you, what one desire do you want to make room for? Keep it simple. Maybe it is nothing more than to feel the sun on your face for five minutes. Maybe it is to connect and cook tonight’s meal with your daughter.

Maybe it is to read or run or just have five minutes of silence. Just make it yours.

Come to your group ready to share how claiming your desire and your days changed your excitement about waking up.

## ***Questions to Ponder***

Read through the questions below and notice which ones 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. How would you differentiate between “wanting” and “longing?”
2. Do you have a god-shaped hollow within, and if so, how does that relate to longing?
3. Thinking back on your life, can you identify a time when you intentionally squashed a longing? Why, and would you make the same choices again?
4. What does it mean NOT to long for something, or for anything? What is longing’s opposite?
5. Does the sensation of longing feel uncomfortable or sorrowful to you? Or does it sometimes feel joyous or enlivening? When does it feel one way or another?
6. Is it possible to live companionably with a longing that can never be fulfilled? How would one make a companion of longing?
7. Sometimes, we may feel the ache of longing without knowing exactly what we long for. How do you feel that ache of longing in your body? How do you describe that feeling and what it may mean in your life?
8. Belonging is a fundamental human need. Psychologists have been writing about this for decades and are still studying it. In 2020, a study documented again that belonging is good for not only mental but physical health. What is the relationship between longing and belonging? Have you ever felt the longing to belong? What can we do to fulfill and help others fulfill this longing?
9. Is life calling you to nurture someone else’s longing? How can you help another lean into the hungers and hopes budding inside them?
10. Do you remember your childhood desire? Didn’t you promise yourself you’d never forget it?
11. What about the desire to be true to yourself? We so often get lost trying to meet other people’s desires that we forget our own.
12. **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.

# *Inspiration*

## Recommended Resources for Personal Exploration & Reflection

These resources are not required reading. They may not be analyzed in our sermons, newsletter, Chalice Circles, Wellspring, or other programs. 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 longing. The hope is not that you will engage them all or even most of them; rather that the variety here will offer you at least several access points to the theme that invite you to consider it thoughtfully and perhaps with new insights or understanding.

### ***Word Definitions & Roots***

#### ***Longing***

A yearning or strong desire. Craving, ache, burning, hunger, thirst, hankering.

#### ***Wise Words***

The feelings that hurt most, the emotions that sting most, are those that are absurd - The longing for impossible things, precisely because they are impossible; nostalgia for what never was; the desire for what could have been; regret over not being someone else; dissatisfaction with the world's existence. All these half-tones of the soul's consciousness create in us a painful landscape, an eternal sunset of what we are.

~Fernando Pessoa

Nothing kidnaps our capacity for presence more cruelly than longing. And yet longing is also the most powerful creative force we know: Out of our longing for meaning came all of art; out of our longing for truth all of science; out of our longing for love the very fact of life. We may give this undertone of being different names — Susan Cain calls it “the bittersweet” and Portuguese has the

lovely word *saudade*: the vague, constant longing for something or someone beyond the horizon of reality — but we recognize it in our marrow, in the strata of the soul beyond the reach of words.

~Maria Popova, from [The Marginalian](#)

Spiritual longing, like any desire, can cause great distress and be an obstacle in spiritual practice. It also is a great force that can propel us along a difficult path and drive us to investigate the deepest and scariest spiritual questions, so I heartily encourage it.

~Domyo Burk

From [Spiritual Longing - Bright Way Zen](#)

Whatever the expression, everyone is ultimately talking about the same thing — an unquenchable fire, a restlessness, a longing, a disquiet, a hunger, a loneliness, a gnawing nostalgia, a wildness that cannot be tamed, a congenital all-embracing ache that lies at the center of human experience and is the ultimate force that drives everything else. This dis-ease is universal. Desire gives no exemptions.

~Ronald Rolheiser

That is part of the beauty of all literature. You discover that your longings are universal longings, that you're not lonely and isolated from anyone. You belong.

~F. Scott Fitzgerald

What is the difference between desire and longing?  
Desire is the fever of the head. Longing is the cry of the heart.

~Sri Sri Ravi Shankar

In Buddhism, we do not find any such division of the day into tedium and recreation, or material cares and spiritual leisure, or hours to cherish and hours to reject. True improvement in our lives is not just a matter of more minutes allotted to desire, but of wiser attention and worthier behavior at all times.

~Bhikkhu Nyanasobhano

Freedom is a precious gift. But freedom is more than having choices at the mall, or in the voting booth, or in the unbridled pursuit of personal pleasure. I passionately believe that our deepest longing is for the freedom Jesus spoke of, lived out and calls us to share: the freedom not to be afraid. Even small doses of that freedom will enable us to live in the world differently.

~Ted Loder in [The Haunt of Grace](#)

St John of the Cross wrote of finding the lover in darkness. The Hindus describe our longing for God as being like that of maidens mad with love, who wander the dark woods all night, searching the ground for the footprints of Lord Krishna.

~Sophy Burnham, from [The Path of Prayer](#)

Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart.

~Mahatma Gandhi

There are seasons, in human affairs, of inward and outward revolution, when new depths seem to be broken up in the soul, when new wants are unfolded in multitudes, and a new and undefined good is thirsted for. There are periods when...to dare, is the highest wisdom.

~William Ellery Channing

But I don't want comfort. I want God, I want poetry, I want real danger, I want freedom, I want goodness. I want sin.

~Aldous Huxley, [Brave New World](#)

Eroticism, being in relation, calls the inner life into play. No longer numb we feel the magnetic pull of our bodies toward something stronger, more vital than simply ourselves. Arousal becomes a dance with longing. We form a secret partnership with possibility.

~Terry Tempest Williams in [Listening to the Land](#)

Longing is momentum in disguise: It's active, not passive; touched with the creative, the tender and the divine. We long for something, or someone. We reach for it, moved toward it. ...the secret that our poets and philosophers have been trying to tell us for centuries, is that our longing is the great gateway to belonging.

~Susan Cain, Introduction to [Bittersweet: How Sorrow and Longing Make Us Whole](#)

## Poetry

### **Caged Bird**

by Maya Angelou

*Excerpt*

A free bird leaps  
on the back of the wind  
and floats downstream  
till the current ends  
and dips his wing  
in the orange sun rays  
and dares to claim the sky.

But a bird that stalks  
down his narrow cage  
can seldom see through  
his bars of rage  
his wings are clipped and  
his feet are tied  
so he opens his throat to sing.

<https://www.poetryoutloud.org/poem/caged-bird/>

## ***The Peace of Wild Things***

by Wendell Berry

When despair for the world grows in me and I  
wake in the night at the least sound in fear of what  
my life and my children's lives may be,

I go and lie down where the wood drake rests in his  
beauty on the water, and the great heron feeds.

I come into the peace of wild things who do not tax  
their lives with forethought of grief. I come into the  
presence of still water.

And I feel above me the day-blind stars waiting  
with their light. For a time  
I rest in the grace of the world, and am free.

[\*The Peace of Wild Things\*](#)

## ***If I Should Come Upon Your House Lonely in the West Texas Desert***

by Natalie Diaz

*Excerpt*

I will swing my lasso of headlights  
across your front porch,

let it drop like a rope of knotted light  
at your feet.

While I put the car in park,  
you will tie and tighten the loop

of light around your waist —  
and I will be there with the other end  
wrapped three times  
around my hips horned with loneliness.

...

Until then, Where are you? What is your address?  
I am hurting. I am riding the night  
on a full tank of gas and my headlights  
are reaching out for something.

## ***I Want to be Better***

by Howard Thurman

The concern which I lay bare before God today is  
my need to be better:  
I want to be better than I am in my most ordinary  
day-by-day contacts:

With my friends— With my family—  
With my casual contacts— With my business  
relations—

With my associates in work and play. I want to be  
better than I am in the responsibilities that are  
mine:

I am conscious of many petty resentments.

I am conscious of increasing hostility toward  
certain people.

I am conscious of the effort to be pleasing for  
effect, not because it is a genuine feeling on my  
part.

I am conscious of a tendency to shift to other  
shoulders burdens that are clearly my own.

I want to be better in the quality of my religious  
experience:

I want to develop an honest and clear prayer life.

I want to develop a sensitiveness to the will of God  
in my own life.

I want to develop a charitableness toward my  
fellows that is greater even than my most  
exaggerated pretensions. I want to be better than I  
am.

I lay bare this need and this desire before God in  
the quietness of this moment.

## ***The House of Belonging***

by David Whyte

I awoke  
this morning  
in the gold light  
turning this way  
and that

thinking for  
a moment  
it was one  
day  
like any other.

But  
the veil had gone  
from my  
darkened heart  
and  
I thought  
it must have been the  
quiet candlelight  
that filled my room,  
it must have been  
the first  
easy rhythm with  
which I breathed  
myself to sleep,  
it must have been  
the prayer I said  
speaking to the otherness  
of the night.

And  
I thought  
this is the good day  
you could  
meet your love,  
this is the gray day  
someone close  
to you could die.

This is the day  
you realize  
how easily the thread  
is broken  
between this world  
and the next

and I found myself  
sitting up  
in the quiet pathway  
of light,  
the tawny  
close grained cedar  
burning round  
me like fire  
and all the angels of this housely  
heaven ascending  
through the first

roof of light  
the sun has made.

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.

<https://onbeing.org/poetry/the-house-of-belonging/>

### ***Love Song***

by Maggie Dietz

*Excerpt*

Sustenance, emptiness  
is lack of you, yearning is  
the road to where you are.

You are the road, the where,  
the song, the hunger. Child,

I give you sleep, I sing  
you there.

<https://www.poetryfoundation.org/poems/89598/love-song-5750aa17309d9>

### ***What to Eat, What to Drink, and What to Leave for Poison***

by Camille T. Dungy

*Excerpt*

VI.

Exploding into brightness every spring,  
I draw you close. I wonder, do you know  
how long I've wanted to be here? Each year  
you grasp me, lift me, carry me inside.  
Glee is the body of the daffodil

reaching tubed fingers through the day, feeling her own trumpeted passion choiring air with hot, colored song. This is a texture I love. This is life. And, too, you love me, inhale my whole being every spring. Gone winter, heavy clod whose icy body fell into my bed. I must leave you, but I'll wait through heat, fall, freeze to hear you cry: Daffodils are up. My God, what beauty!  
<https://www.poetryfoundation.org/poems/52436/what-to-eat-what-to-drink-and-what-to-leave-for-poison>

## Video

### **Chim Lạc (Lost Bird)**

Written by Oanh Vu and composed by Charlie McCarron.

Chim Lạc (Lost Bird) is a modern shadow puppet opera inspired by the struggle of living in exile as a Vietnamese refugee, especially when they cannot be with their family or in community.  
<https://www.charliemccarron.com/2021/02/mn-opera-commission-chim-lac-lost-bird/>

## Articles/Online Resources

### **Use The German Concept of 'Sehnsucht' to Help Chase What You Long For**

by Jordan Gross.

*Excerpt*

#### **Wishful Thinking is Past-Focused, While Thoughtful Wishing is Future-Focused**

If wishful thinking is based on what's pleasing to imagine, rather than on evidence or rationality, then thoughtful wishing can be used when reality has yet to occur. Oftentimes, wishful thinking comes from attributing reality to what one wishes to believe, as opposed to what is actually true. It's based on events that have already occurred.

Thoughtful wishing however is based on the future. There are ways to actively pursue your thoughtful wishing whether the wishes are attainable or not.

Thoughtful wishing can be beneficial whether you can actively make your wishes reality or not.

From *The Medium*, Dec. 16, 2020

### **The Case for Reparations**

by Ta-Nehisi Coates

This article makes the case that reparations are one way to come to terms with centuries of denying desires: "Two hundred fifty years of slavery. Ninety years of Jim Crow. Sixty years of separate but equal. Thirty-five years of racist housing policy. Until we reckon with our compounding moral debts, America will never be whole."

<http://tinyurl.com/nopprgt>

## Books

### **At the Root of This Longing: Reconciling a Spiritual Hunger and a Feminist Thirst**

by Carol Lee Flinders

In this exploration of the apparent conflicts and tensions between feminism and contemplative spirituality, Carol Lee Flinders uncovers how a life of meaning, self-knowledge, and freedom depends on both.

[Goodreads](#)

### **The Weight of Glory**

by C. S. Lewis

*Excerpt*

This desire for our own far off country [is] the secret which hurts so much that you take your revenge on it by calling it names like Nostalgia and Romanticism and Adolescence; the secret also which pierces with such sweetness that when, in very intimate conversation, the mention of it becomes imminent, we grow awkward and affect to laugh at ourselves; the secret we cannot hide and cannot tell, though we desire to do both. We cannot tell it because it is a desire for something that has never actually appeared in our experience. We cannot hide it because our experience is constantly suggesting it, and we betray ourselves like lovers at the mention of a name. Our commonest expedient is to call it beauty and

behave as if that had settled the matter. Wordsworth's expedient was to identify it with certain moments in his own past. But all this is a cheat. If Wordsworth had gone back to those moments in the past, he would not have found the thing itself, but only the reminder of it; what he remembered would turn out to be itself a remembering.

*The Weight of Glory sermon was delivered by Lewis on June 8, 1941, and subsequently published in his book of the same name.*

### ***Yearning: Race, Gender, and Cultural Politics***

by bell hooks

bell hook's book crosses disciplinary boundaries in major debates on postmodern theory, cultural criticism, and the politics of race and gender. She values postmodernism's insights while warning that the fashionable infatuation with "discourse" about "difference" is dangerously detachable from the struggle we must all wage against racism, sexism, and cultural imperialism.

[Goodreads](#)

### ***The Invisible String***

by Patricia Karst

Specifically written to address children's fear of being apart from the ones they love, *The Invisible String* delivers a particularly compelling message in today's uncertain times that though we may be separated from the ones we care for, whether through anger, or distance or even death, love is the unending connection that binds us all, and, by extension, ultimately binds every person on the planet to everyone else.

From <https://theinvisiblestring.com/>

### ***Book of Longing***

by Leonard Cohen

*Book of Longing* contains erotic, playful, and provocative line drawings and artwork on every page, by the author, which interact in exciting and unexpected ways on the page with poetry that is timeless, meditative, and at times darkly humorous. The book brings together all the

elements that have brought Leonard Cohen's artistry with language worldwide recognition.

<https://www.goodreads.com/book/show/158005>.

## ***Podcasts***

### ***Egrets***

by Kevin Young

*Excerpt*

Some say beauty  
                  may be the egret  
in the field  
  
who follows after  
                  the cows  
sensing slaughter—  
  
but I believe  
                  the soul is neither  
air nor water, not  
this winged thing  
                  nor the cattle  
who moan  
  
to make themselves  
                  known.

*The Slow Down Poetry Podcast*

<https://www.slowdownshow.org/episode/2022/02/28/620-egrets>

## ***Movies***

### ***The Hours***

Directed by Stephen Daldry, 2002

A mesmerizing and multidimensional drama based on a Pulitzer prize-winning novel about the yearning of three women and their varied paths to passion, meaning, and happiness.

[The Hours \(2002\) - IMDb](#)

## ***A Raisin in the Sun***

Directed by Daniel Petrie, 1961

Based on the play by Lorraine Hansberry. It features Sidney Portier as Walter Lee, a young black husband who wants to own a liquor store which differs from his mother's plan to move into an all-white neighborhood. bell hooks wrote, "Walter Lee is consumed by 'yearning.' His longing for money, goods, power, and control over his own destiny made him symbolic of the Black American underclass in the fifties and early sixties.... .. [He was] a symbolic representative of collective Black yearning"

<https://www.imdb.com/title/tt0055353/>

## ***Bend it Like Beckham***

Directed by Gurinder Chadha, 2002

A delightful English comedy that charts the single-mindedness of an Anglo- Indian girl to fulfill her dream of becoming a soccer player.

<https://www.imdb.com/title/tt0286499/>

## ***Music***

### ***An Antidote for Longing***

[An Antidote for Longing | The On Being Project](#)

### ***Lift Every Voice and Sing***

Sung at the We Will Rise Summit at the Berklee School of Music.

<https://www.youtube.com/watch?v=xit09LrjJUU>

### ***The Old Apartment***

by the Barenaked Ladies

<https://www.youtube.com/watch?v=8ggJS0p-QQc>

### ***Tired of Being Alone***

by Al Green

<https://www.youtube.com/watch?v=Tdw7kxD8eUc>

### ***Autumn Leaves***

by Eva Cassidy

<https://www.youtube.com/watch?v=xXBNlApwh0c>

## ***River***

by Joni Mitchell

<https://www.youtube.com/watch?v=OLHxxBTI71I>

## ***Punisher***

by Phoebe Bridgers

<https://www.youtube.com/watch?v=ncSf8Nk3aq4>

## ***Monticello***

by Erin Rae

<https://binged.it/3d7XeZb>

## ***Longing Spotify playlist***

<https://spoti.fi/3UdFPPy>

- Vicky Leandros – *The Song of Longing*
- Dan Fogelberg – *Longer*
- The Grass Roots – *Wait a Million Years*
- Etta James – *A Sunday Kind of Love*
- Buzzcocks – *Ever Fallen in Love (With Someone You Shouldn't've?)*
- Brulure – *Remasterise en 2016*
- Wilco – *Impossible Germany*
- Translator – *Everywhere That I'm Not*
- Harry Nilsson – *Without You*
- Whitney Houston – *Saving All My Love For You*

## ***Art***

### ***Mural from The Temple of Longing Thither***

by Paul Klee, 1922.



*Excerpt*

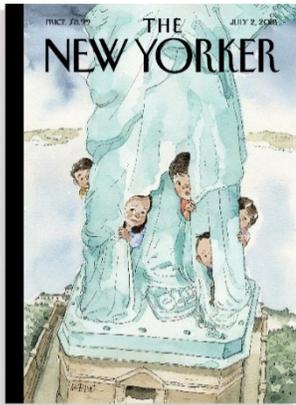
This typically German leitmotif, Sehnsucht, longing, is the driving force behind German Romanticism, forging the bonds between the opposite posts of

earthly constraint and cosmic, unrestricted freedom of movement. It is a feeling at once alluring and tormenting, a striving for imagined, not clearly defined, perhaps physically unrealizable goals. What is desired is inherently unattainable. Klee's arrows symbolize thoughts and feelings filled with this longing, with scenes of it.

[From Paul Klee and German Romanticism](#) by Jürgen Glaesemer

## ***Yearning to Breathe Free***

by Barry Blitt



[New Yorker magazine cover](#), July 2, 2018

## ***Photos***

### ***Cover Photo***



*Person Standing Under A Rock Formation On A Starry Night*,  
Arches National Park  
Pixabay

## ***The Gambia***

by Ruth Berry



These youngsters can't afford to go to school. they learn by looking in the bars that separate them from the children who have been sponsored. They can see drawings on the wall but can't participate in the drawing of them.

From *The Guardian* [Constant Cravings: Your Art on the Theme of Yearning](#), December 4, 2017.

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This packet includes material from the Soul Matters Sharing Circle model of small groups by Andrea Johnson, originally published in the 2018 Unity Church Longing Chalice Circle packet.