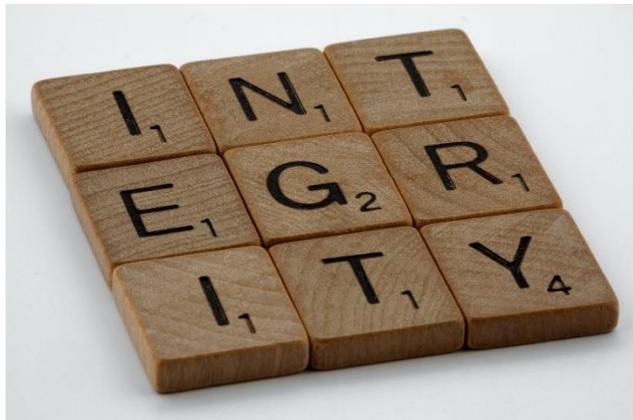




# Spiritual Practice Packet

February 2023

## *Integrity*



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Unity Church-Unitarian, St. Paul, Minnesota

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

# *Integrity*

When you consider a person of integrity, what are the qualities that come to mind? Are they the Boy Scout law of “trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent?” Or, when you think about your own integrity, or that of others, would you agree with one of these two typical descriptions: “the quality of being honest and having strong moral principles and moral uprightness,” or “the state of being whole and undivided?” Or, given the partial ceiling collapse in Parish Hall, perhaps we consider “structural integrity,” meaning that you can count on all the parts of a system to work together, and, in our case, hold up the ceiling!

The typical way we consider integrity in people is that there is no discrepancy between the self you present to the world and the self that you know “inside.” That’s part of the reason why Unity’s mission statement involves living lives of “integrity, service and joy.” Living with integrity means the ongoing spiritual practice of closing the gap between what we feel inside and the way things are.

When we dig deeper into what it means to live a life of integrity, we realize that it’s not a one-size-fits-all concept. For example, if we adopt the meaning stated above of “living as if our inside and outside selves are consistent,” that definition may not work for a person who is queer or trans. Why? Because to live into the fullness of ones being or becoming, it might not be possible or may not be safe to do so. Doesn’t that call forth a different kind of integrity — of having to navigate the assumptions and expectations of a culture that so often demands conformity to certain norms?

Integrity becomes even more complicated when we consider acting on one’s personal integrity (i.e, morals, values, standards) as an individual or on behalf of the larger community. What if, for example, you are living in Nazi Germany and an SS officer comes to your door, demanding to know if you are hiding any Jews? Does your integrity require you to always tell the truth? By saying “yes,” can you call yourself a person of integrity knowing that your “yes” will likely result in the murder of those under your roof? Or, do you say “no,” thereby saving lives but compromising your own commitment to truth-telling?

Perhaps one way to frame this challenge is to understand that living a life of integrity is an ongoing process that involves not only the individual self, but the self in relation to a larger community and commitment. We are all part of a larger “body” whether our own or in relation to community. As the Apostle Paul said, “Indeed, the body does not consist of one member but of many. If the foot would say ‘because I am not a hand, I do not belong to the body,’ that would not make it any less part of the body... and if the ear would say, ‘because I am not an eye, I do not belong to the body,’ that would not make it any less a part of the body...” (I Corinthians 12:15-16)

As members of Unity Church, we strive to live into our mission of leading lives of integrity. Yet, living in community also means that we may come to very different conclusions about how we do that. For example, when we question the integrity of our fellow church members, it stings because our personal integrity is deeply connected to our dearest-held values. As we consider how to live a life of integrity, the quote attributed to Maya Angelou might be helpful to us. She wrote, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” How we live out those convictions while being in relationship

with others, is an important part of a deepening spiritual practice, which leads us to live lives of integrity, service and joy. Our theme team hopes that this topic brings you into many rich and generative conversations this month.

Blessings on the month ahead,

*Rev. Kathleen Rolenz, with this month's theme team: Rev. KP Hong, Rev. Karen Gustafson, Tom Duke, Ray Hommeyer, Drew Danielson, and Rev. Andrea Anastos.*

# ***Spiritual Practices***

## ***Option A:***

### ***How to Practice Antibias Integrity***

In *Spiritual Responsibility in the Age of Black Lives Matter*, Spiritual Counselor Philip Goldberg writes:

*I still have a lot to learn about racism in America. I thought I knew all there was to know. I did not.... I thought I could come close to knowing what it's like to navigate everyday life with dark skin, but I've learned there will always be a yawning gap in my comprehension.*

*Our long overdue moment of reckoning is a spiritual challenge, not just a social or political one. We are called upon to stretch beyond our comfort zones, to introspect rigorously and self-assess honestly.*

- *How do we measure up to our cherished values?*
- *How close do we come to our noblest image of ourselves?*
- *How consistently do we exercise in a racial context spiritual virtues such as humility, compassion, generosity, sincerity, empathy, and lovingkindness?*

#### **Practicing Antibias Integrity**

1. In a notebook or journal, write at the top of a page, ***What is my Antibias Integrity?***

Spend some time in one or more sessions jotting down your answers to the questions above, and consider whether bias on the basis of race, gender identity, age, ability, etc. changes your thinking about your personal integrity.

2. Next, write at the top of a page, ***What I Can Do to Practice Antibias Integrity.***

Spend some time in one or more sittings, researching and brainstorming ideas on how to become antiracist. Some ideas offered at Unity Church include the Antiracism Literacy Partners program in which people find accountability partners or groups and read/discuss resources such as *How to Be An Antiracist* by Ibram X. Kendi, taking the Intercultural Development Inventory, joining a community outreach team, taking part in Team Dynamics events, or participating in the annual Congregation Book Read. What are the opportunities outside of Unity to stretch your understanding and practices around antiracism? Brainstorm all ways—big and small—in which you can practice integrity in regard to antiracism.

3. Then, write at the top of a page, ***My Next Step in Practicing Antibias Integrity.***

Review your list of ideas. It might look overwhelming. You don't have to do them all or all at once. Choose at least one and commit to it to stretch your antiracist integrity.

From time to time, revisit your answers to the above questions, add to your list of practicing integrity, and choose another next step.

## ***Option B: What Is My Next Step and Right Action?***

It's easy to get overwhelmed, especially in times of rapid change and crisis, as we try to discern how to live out our values. But it doesn't require either a big plan or a great vision. Living out our values can be as simple as naming our "next right action," as Pascal Auclair put it.

For this practice, take some time at the beginning of each day to consider what your next right action might be:

Begin with a time of meditation – if possible, at least five minutes of stillness and silence. If you already have a meditation practice, begin with that, or use the following basic guidelines.

Settle into a comfortable position with paper and pen nearby and, if you can, set a timer for five minutes of silent meditation or prayer. If your thoughts wander during the five minutes, return to focusing on your breath, as many times as you need to during the five-minute period. Let go of any distracting thoughts with every out-breath. Welcome a deeper silence with each in-breath.

At the end of your meditation, notice the stillness within you and in that stillness ask yourself: what is your next right action on this day? If answers come fleetingly, dismiss them, again breathing in and breathing out silently until a single answer settles in your heart with the satisfying weight of truth. If nothing comes to mind, wait patiently for a word, an image, or a phrase and use that to begin your writing. Perhaps your writing will unveil what is calling you.

Pick up your pen and write briefly. What one thing are you called to do to be of service today?

As you begin your day, do that one thing. If you have time to do more, repeat the above practice until the next right action becomes clear in your heart.

If you are participating in a Chalice Circle or other small group, come to your group prepared to describe what you have learned from this practice.

## **Option C: Name Your Many Names**

This exercise asks us to explore the connection between integrity and memory. It asks us to remember all of who we are. It's a reminder that integrity is about finding and holding our wholeness.

We turn to Israeli poet, Zelda, to lead us on our way. In her poem, *Each of Us Has A Name*, she makes it clear that integrity is a matter not so much of holding tight to your one true name but remembering and embracing the many names given to us by the experiences of our lives. The full poem can be found at <https://bit.ly/3WkiPy0>. but here's an excerpt:

Each of us has a name  
given by God  
and given by our parents...

Each of us has a name  
given by the mountains  
and given by our walls...

Each of us has a name  
given by our sins  
and given by our longing...

So, this month, reflect on how these universal human experiences have "named you" and how those names call you back to integrity. Spend a few hours or a few days going through Zelda's poem line by line, stopping after each one to think about how that experience imprinted itself on you and added a dimension to the wholeness and integrity of who you are.

It helps to think of each of these experiences as saying to you: "You are..." or "I name you..." Here's an example of what you might ask yourself as you work with each line:

- What name was I given by "God"(or Love)? How did my first God experience say to me: "You are ..."?
- What name was I given by my parents? How has my relationship with them said to me: "You are ..."?
- What name was I given by the mountains? How has my experience with nature said to me: "You are ..."?
- What name was I given by my "sins"? How has my experience with my shadow side or mistakes said to me: "You are ..."?

After answering the questions, consider assembling all the sentences or all of your names into a list that functions as a poem of sorts. Read your many names aloud one by one or ask someone close to you to read them as you listen.

If you are participating in a Chalice Circle or other small group, come to your group ready to share your "poem of names" as well as the 1 or 2 most significant insights that came from the exercise.

## ***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. What does it mean to risk your integrity? Can you think of a time when you risked your integrity for a greater purpose?
2. Do you ever find yourself at odds with the integrity of Unitarian Universalism or your congregation, and your personal integrity? If yes, how do you reconcile that?
3. If you are trying to live a life of integrity but your culture doesn't exhibit integrity (or enough integrity by your standards), what can you do about it?
4. James Luther Adams wrote, "An unexamined faith is not worth having, for it can be true only by accident." How important is it to the practice of integrity to question, examine, search, and think about who you are and what you believe?
5. One meaning of integrity is "purity," or being whole and undivided - but psychologists have long taught us that our makeup might not be a single, unified ego, but instead a combination of competing impulses, some of them subconscious or difficult to discover. What does it mean to have integrity if you are conflicted?
6. What do you think is the relationship between integrity and anger? Is there such a thing as righteous anger, or would integrity demand that we not become angry? What about integrity and confrontation?
7. What is the relationship between integrity and making judgments about others?
8. Can you think of an issue where multiple conflicting positions all have integrity? What do you do in the face of an issue like that, which has more than one "right" answer?
9. Does your spiritual life have integrity? What tells you that?
10. Do your friendships have integrity? What makes that true?
11. What did your family of origin teach you about telling the truth? What did you learn about telling the truth of yourself?
12. Do you think of integrity as something individual or something shaped by your community? As a matter of consistency or adaptability? How do those beliefs affect your efforts to live with integrity in today's world and times?
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 of 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 integrity. 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 with new insights.

### *Word Definitions*

#### *Integrity*

Integrity stems from the Latin word *integer* which means whole and complete. So integrity refers to a sense of wholeness of character connecting one's inner values with choices made in daily life. When you are in integrity, people should be able to visibly see it through your actions, words, decisions, methods, and outcomes. Living with integrity means there is only one you. You bring that same you wherever you are, regardless of the circumstance. You don't leave parts of yourself behind. (Adapted from Soul Matters)

In mathematics, an integer is a number that isn't divided into fractions. Just so, a person of integrity isn't divided against him or herself.

~Arthur Gordon.

Integrity (from the Oxford Dictionary):

- 1** the quality of being honest and having strong moral principles.
- 2** the state of being whole and undivided.

In the Old Testament, the Hebrew word translated as "integrity" means "the condition of being without blemish, completeness, perfection, sincerity, soundness, uprightness, wholeness." Integrity in the New Testament means "honesty and adherence to a pattern of good works."

Your Questions. Biblical Answers. <https://bit.ly/3R3yMaT>

### *Wise Words*

Better keep yourself clean and bright; you are the window through which you must see the world.

~George Bernard Shaw

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

~Martin Luther King, Jr.

You are so afraid of losing your moral sense that you are not willing to take it through anything more dangerous than a mud puddle.

~Gertrude Stein

Lead your life so you wouldn't be ashamed to sell the family parrot to the town gossip.

~Will Rogers

When we are in spiritual integrity, we are embracing our humanity. We are at our best; we are whole and in alignment with an inner wisdom that we all have access to, if we choose to listen to it. Being in spiritual integrity requires us to learn the skill of discernment so that our minds grow quiet enough for us to hear its direction. Next, we need to cultivate courage to follow through on what naturally flows from within us.

~Jac O'Keefe, from *What is Spiritual Integrity*:

<https://bit.ly/3kl2jjX>

What is the best thing for a stream? It is to keep moving. If it stops, it stagnates. So the best thing for a person is that which keeps the currents going—the physical, the moral, and the intellectual currents. Hence the secret of happiness is—something to do; some congenial work... Few persons realize how much of their happiness is dependent upon their work, upon the fact that they are kept busy and not left to feed upon themselves. Happiness comes most to persons who seek it least, and think least about it. It is not an object to be sought; it is a state to be induced. It must follow and not lead. It must overtake you, and not you overtake it. How important is health to happiness, yet the best promoter of health is something to do.

~John Burroughs

I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and incur my own abhorrence.

~Frederick Douglass, from *Narrative of the Life of Frederick Douglass-an American Slave*

There are a plethora of internal and external dangers to the soul – it is so hard to keep your integrity intact, especially if you long for change, if the current world disappoints you or makes you furious... what if what's needed isn't sexy, intimidating, violent...what if what is needed is forgiveness?...are we able to be that militant?...

~adrienne maree brown

The Canadian Buddhist teacher Pascal Auclair was once asked how he finds hope in a world with so much suffering. He paused. Then answered, "I don't think much about hope. What I do think about, nearly every day, is what is my next right action? Integrity is about asking that question, and placing it in conversation with our own deepest values, with one another, and with the changing world we share."

~Karen Hering

## **Prayer**

Wholly Holy,  
plumb me with the nine blessings of integrity:  
intention beyond self to benefit all,  
purity of purpose without rigidity of position,  
strength of resolve to fulfill this call,  
balance of the paradoxical in heart, mind, spirit,  
respect for the holiness of others  
acceptance of challenge to knowing beyond doubt,  
welcome of unfolding curiosity,  
commitment to discerning response,  
humility in all.

May these nine guide me within, among, beyond.

May these nine integrate me in enduring relationship.

May these nine shape me for living vocation.

~*Andrea La Sonde Anastos*

## **One With This World**

Yokuts Prayer

My words are tied in one with the great mountains,  
with the great rocks, with the great trees, in one  
with my body and heart.

All of you see me, one with this world.

*World Healing Prayers:* <https://bit.ly/3iMyIjh>

## **Poetry**

### **Being True to Yourself**

by Rachel Plummer

*Excerpt:*

I will take space from the air.  
I will take up space in the woods.  
I will open my arms wide.  
I will lose all I have and regain it.  
I will be nothing but myself.

I am. I will grow.

From National Poetry Day: <https://bit.ly/3kuDNgz>

## ***Integrity***

by Adrienne Rich

*Excerpt:*

the quality of being complete; unbroken condition;  
entirety  
~Webster

A wild patience has taken me this far

as if I had to bring to shore  
a boat with a spasmodic outboard motor  
old sweaters, nets, spray-mottled books  
tossed in the prow  
some kind of sun burning my shoulder-blades.  
Splashing the oarlocks. Burning through.  
Your fore-arms can get scalded, licked with pain  
in a sun blotted like unspoken anger  
behind a casual mist.

The length of daylight  
this far north, in this  
forty-ninth year of my life  
is critical.

The light is critical: of me, of this  
long-dreamed, involuntary landing  
on the arm of an inland sea.  
The glitter of the shoal  
depleting into shadow  
I recognize: the stand of pines  
violet-black really, green in the old postcard  
but really I have nothing but myself  
to go by; nothing  
stands in the realm of pure necessity  
except what my hands can hold.

*Best Poems Encyclopedia:* <https://bit.ly/3ksF33Q>

## ***On Wholeness***

by Annie Fan

Inspired by John Adams' Harmonium

It takes longer than a human  
life for plastic to decompose  
by opening itself within  
the old bone structures of previous  
mammals. Our bodies will gather

in smaller pieces, the places light  
can't escape. How I once found  
a monarch butterfly and watched it die;

stole its wings. I'm not a religious  
person, but every time I pray,  
the living things break into

my hands – taut insect densities,  
their smoke a crown, like light,  
my muscles of dust. I jackal, but –

o father. How many times have  
I woken a stranger to myself?  
A wrist cannot open without

violence; the body, severed from  
brain, is a mannequin of blades;  
volatile and skinless, discovered

in the forests of photochemical air –  
another rot in this canine  
hollow. The sky's animal mouth."

The Poetry Society: <https://bit.ly/3kySAXi>

## ***Now I Become Myself***

by May Sarton

Now I become myself. It's taken  
Time, many years and places;  
I have been dissolved and shaken,  
Worn other people's faces,  
Run madly, as if Time were there,  
Terribly old, crying a warning,  
"Hurry, you will be dead before—"  
(What? Before you reach the morning?  
Or the end of the poem is clear?  
Or love safe in the walled city?)  
Now to stand still, to be here,  
Feel my own weight and density!  
The black shadow on the paper  
Is my hand; the shadow of a word  
As thought shapes the shaper  
Falls heavy on the page, is heard.  
All fuses now, falls into place  
From wish to action, word to silence,  
My work, my love, my time, my face  
Gathered into one intense  
Gesture of growing like a plant.

As slowly as the ripening fruit  
Fertile, detached, and always spent, Falls but does  
not exhaust the root,  
So all the poem is, can give,  
Grows in me to become the song, Made so and  
rooted by love.  
Now there is time and Time is young. O, in this  
single hour I live  
All of myself and do not move.  
I, the pursued, who madly ran,  
Stand still, stand still, and stop the sun!

*Now I Become Myself* by May Sarton, from *Collected Poems*  
1930-1993. © W.W. Norton, 1993.

*The Writer's Almanac*: <https://bit.ly/3QPFqkZ>

## ***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.

Split This Rock: <https://bit.ly/3wgMXjI>

## **Video**

### ***Stonewall Uprising The Year That Changed America***

When police raided the Stonewall Inn, a popular  
gay bar in the Greenwich Village section of New  
York City on June 28, 1969, the street erupted into  
violent protests that lasted for the next six days.  
The Stonewall riots, as they came to be known,  
marked a major turning point in the modern gay  
civil rights movement in the United States and  
around the world.

An episode of *American Experience* on PBS:  
<https://to.pbs.org/3GSmNlr>

### ***The Ware Lecture***

by Cornel West, at the 2015 UUA General Assembly

*Excerpt:*

“How shall integrity face oppression? That is one of  
the most fundamental challenges of today because  
we live in an age of mendacity. It’s an age in which  
lies are ubiquitous. [And so] integrity has to do with  
what is the quality of your courage and your  
willingness to bear witness radically against the  
grain even if you have to sacrifice something...”

UUA: <https://youtu.be/2iAHrgirE7I>

## ***Articles/Online Resources***

### ***Faced with a tough decision? The key to choosing may be your mindset***

by Megan Keene and Sylvie Douglis

*Excerpt:*

Being faced with a big decision can be  
overwhelming. Do you take the new job? Break up  
with your partner? Move closer to your parents?  
Start a totally different career?

How do you make the right decision?

“It’s really important to distinguish big choices  
from hard choices,” says Ruth Chang, a professor of  
jurisprudence at the University of Oxford. One of  
Chang’s research areas is decision-making.

“Some of your big decisions, while life altering, are perfectly easy. You get an operation that will cure some debilitating disease you have.” That’s an easy decision. What makes a decision hard, Chang notes, is when the two choices in front of you are on par.

NPR article: <https://n.pr/3J3DSIH>

## ***The Spiritual and Cultural Ethos of Unitarian Universalism***

from the UUA LeaderLab

*Excerpt:*

The collective personality of any group reflects both conscious and unconscious patterns that express the group’s way of being in the world and its relationship with its members. This [article] explores how our collective identity-our ethos-and our often unconscious ideas, feelings, and cultural expressions-our mythos-underpin our understanding of congregational polity and hinder our efforts to create a community of autonomous congregations.

UUA article: <https://bit.ly/3QNfyGv>

## ***James Baldwin on the Artist’s Struggle for Integrity and How It Illuminates the Universal Experience of What It Means to Be Human***

by Maria Popova

*Excerpt:*

I really don’t like words like “artist” or “integrity” or “courage” or “nobility.” I have a kind of distrust of all those words because I don’t really know what they mean, any more than I really know what such words as “democracy” or “peace” or “peace-loving” or “warlike” or “integration” mean. And yet one is compelled to recognize that all these imprecise words are attempts made by us all to get to something which is real and which lives behind the words. Whether I like it or not, for example, and no matter what I call myself, I suppose the only word for me, when the chips are down, is that I am an artist. There is such a thing. There is such a thing as integrity. Some people are noble. There is such a thing as courage. The terrible thing is that the

reality behind these words depends ultimately on what the human being (meaning every single one of us) believes to be real. The terrible thing is that the reality behind all these words depends on choices one has got to make, for ever and ever and ever, every day.

~James Baldwin

The Marginalian: <https://bit.ly/3J1dOr1>

## ***Personal Integrity: 5 Examples of Personal Integrity***

by MasterClass

This business-oriented take on personal integrity may be transferrable to other aspects of our lives.

*Excerpt:*

Personal integrity takes many forms, and together they can define a brand’s mission statement, moral character, and company policies. Examples of personal integrity may include:

1. Transparency
2. Strong moral compass
3. Trustworthiness
4. Customer and staff prioritization
5. Ethical standards

MasterClass: <https://bit.ly/3XJQhPD>

## ***Emerson on Individual Integrity and Resisting the Tyranny of the Masses***

by Maria Popova

*Excerpt:*

Leave this hypocritical prating about the masses. Masses are rude, lame, unmade, pernicious in their demands and influence, and need not to be flattered but to be schooled. I wish not to concede anything to them, but to tame, drill, divide, and break them up, and draw individuals out of them... Masses! The calamity is the masses. I do not wish any mass at all, but honest men only, lovely, sweet, accomplished women only, and no shovel-handed, narrow-brained, gin-drinking million stockingers or lazzaroni at all. If government knew how, I should like to see it check, not multiply the population. When it reaches its true law of action, every man that is born will be hailed as essential. Away with

this hurrah of masses, and let us have the considerate vote of single men spoken on their honor and their conscience.

The Marginalian: <https://bit.ly/3Hhnz37>

## ***What is Spiritual Integrity?***

by Jac O'Keefe

*Excerpt:*

Spiritual integrity is the combination of a state and a quality. Spiritual integrity is the state of being undivided together with the quality of brutal self-honesty. It demands a considerable depth of self-awareness and an uncompromising willingness to be authentic.

The first step to cultivating spiritual integrity is to recognize that we are not always honest. We aren't honest when we control our actions in order to micromanage another's reaction. We aren't honest when we have a personal agenda that modifies how we show up. We have an inner split. What we would or could do is derailed by a need to control either a situation, others, or ourselves.

Fragmentation, dividedness happens within us. We are out of integrity. We compromise inner wisdom and what would otherwise organically flow from within us. We choose to present a reactive, self-serving, often manipulative alternative. When we recognize this can only happen in the absence of self-honesty, we can begin to do something about it.

New Harbinger Publications: <https://bit.ly/3Xhc0ye>

## ***Inner Integrity: What Is It And How Can It Supercharge Your Spiritual Growth?***

by Jacqueline Vanderpuye

*Excerpt:*

Inner integrity is the act of turning inwards and tuning into your innermost thoughts and emotions while being honest about what you're seeing and feeling without judgment.

We're all human and as such we come with imperfections, and that's ok. However, our problems arise when we strive to hide what we

really are, not just to ourselves, but also to the outside world.

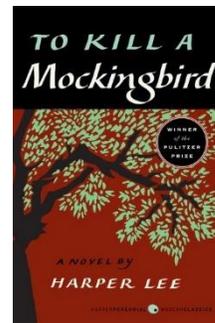
Learning the practice of inner integrity, helps you begin the journey of seeing, acknowledging, facing, accepting, experiencing and finally healing your most unpleasant thoughts and emotions that are keeping you stuck, so they dissipate and no longer cause an obstruction to your spiritual growth, transformation and happiness.

<https://bit.ly/3vTkMGY>

## **Books**

### ***To Kill a Mockingbird***

by Harper Lee



A gripping, heart-wrenching, and wholly remarkable tale of coming-of-age in a South poisoned by virulent prejudice, it views a world of great beauty and savage inequities through the eyes of a young girl, as her father—a crusading local lawyer—risks everything to

defend a black man unjustly accused of a terrible crime.

From the publisher: <https://bit.ly/3HiikLW>

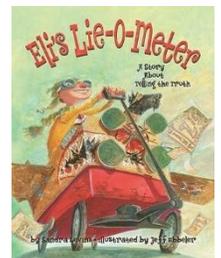
IMDb: <https://imdb.to/3ZLiF5M>

### ***Eli's Lie-O-Meter: A Story about Telling the Truth***

by Sandra Levins, illustrations by Jeffrey Ebbeler

A story about a boy who tells fibs about everything until a Lie-O-Meter arrives at his house!

Eli knows the difference between pretending and real facts. Sometimes in real life keeping to the facts is hard for Eli. With the help of his parents and the super-deluxe lie-o-meter, Eli learns about the consequences of his fibs and the value of telling the truth.

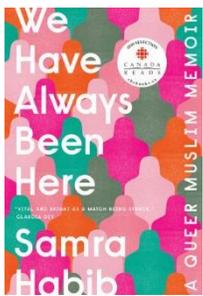


Goodreads: <https://bit.ly/3ZzXBPM>

Children's Book

## ***We Have Always Been Here: A Queer Muslim Memoir***

by Sabra Habib



From Penguin Random House:  
How do you find yourself when the world tells you that you don't exist?

Samra Habib has spent most of their life searching for the safety to be themselves. As an Ahmadi Muslim growing up in Pakistan, they faced regular threats from Islamic extremists who believed the small, dynamic sect to be blasphemous. From their parents, they internalized the lesson that revealing their identity could put them in grave danger.

When their family came to Canada as refugees, Samra encountered a whole new host of challenges: bullies, racism, the threat of poverty, and an arranged marriage. Backed into a corner, their need for a safe space—in which to grow and nurture their creative, feminist spirit—became dire. The men in Samra's life wanted to police them, the women in their life had only shown them the example of pious obedience, and their body was a problem to be solved.

### **The 2023 Unity Congregation Book Read.**

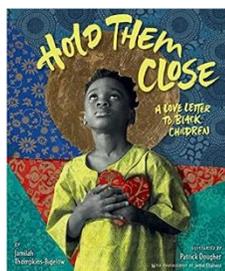
Available in Unity's Anderson Library (306.76 H) and at the Unity Bookstall.

Goodreads: <https://bit.ly/3J9XMeD>

## ***Hold Them Close: A Love Letter to Black Children***

by Jamilah Thompkins-Bigelow, illustrated by Patrick Dougher.

A beautifully written and illustrated book that encourages children ages 4 to 8 to feel joy, express sadness, understand racism, listen to the wisdom of elders, and be their authentic selves—a wonderful way to help children understand integrity.



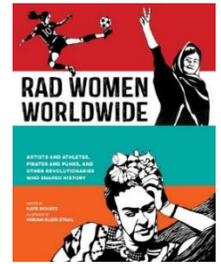
Children's book

Goodreads: <https://bit.ly/3wicRTU>

## ***Rad Women Worldwide: Artists and Athletes, Pirates and Punks, and Other Revolutionaries Who Shaped History***

by Kate Schatz, illustrated by Miriam Klein Stahl

From Penguin Random House:  
*Rad Women Worldwide* tells fresh, engaging, and amazing tales of perseverance and radical success by pairing well-researched and riveting biographies with powerful and expressive cut-paper portraits.

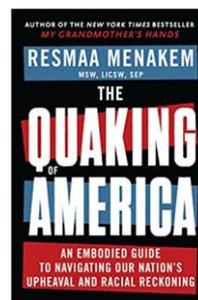


The book features an array of diverse figures from 430 BCE to 2016, spanning 31 countries around the world.

Barnes & Noble: <https://bit.ly/3QYqUav>

## ***The Quaking of America: An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning***

by Resmaa Menakem



From the publisher:

In *The Quaking of America*, therapist and trauma specialist Resmaa Menakem takes readers through somatic processes addressing the growing threat of white supremacist political violence.

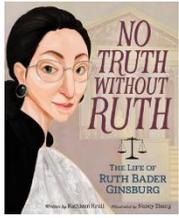
This preparation focuses not on strategy or politics, but on practices that can help us:

- Build presence and discernment in our bodies
- Settle our bodies during the heat of conflict
- Maintain our safety, sanity, and stability in dangerous situations
- Heal our personal and collective racialized trauma
- Practice embodied social action
- Turn toward instead of on one another

Available in Unity's Anderson Library Bookshop.org: <https://bit.ly/3ZQVvLf>

## **No Truth Without Ruth: The Life of Ruth Bader Ginsburg**

by Kathleen Krull, illustrated by Nancy Zhang



This picture book biography is the story of “Ruthless Ruthie,” a warrior for equality, a tireless defender of justice, and an inspiring trailblazer for girls everywhere.

Children’s book

Bookshop.org: <https://bit.ly/3jOQzWX>

## **Movies**

### **A Man of Integrity**

Directed by Mohammad Rasoulof, 2017

A drama about corruption and injustice in Iranian society. You are the oppressed, or you have to join the oppressor to survive!

IMDb: <https://imdb.to/3J0OtO5>

### **Wild**

Directed by Jean-Marc Vallée, 2014

A chronicle of one woman’s 1,100-mile solo hike undertaken as a way to recover from a recent personal tragedy.

It is not just an adventure film but one person's journey to learn about what is important to her even though that was not necessarily the goal when she started.

IMDb: <https://imdb.to/3HeWM7I>

### **Loving**

Directed by Jeff Nichols, 2016

The story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960s Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision which legalized interracial marriage in America.

IMDb: <https://imdb.to/3ZORh6T>

## **5B**

Directed by Paul Haggis and Dan Krauss, 2018

5B is the inspirational story of everyday heroes who took extraordinary action to comfort, protect and care for the patients of the first HIV/AIDS ward unit in the United States at San Francisco General Hospital. 5B is stirringly told through first-person testimony of the nurses and caregivers who built Ward 5B in 1983, their patients, loved ones, and staff who volunteered to create care practices based in humanity and holistic well-being during a time of great uncertainty. The result is an uplifting yet candid and bittersweet monument to a pivotal moment in American history and a celebration of quiet heroes worthy of renewed recognition.

From <https://5bfilm.com/about/>

### **Enola Holmes 1 & 2**

Directed by Harry Bradbeer, 2020 & 2022

These movies are adaptations of Nancy Springer’s middle-school books. Enola is the younger sister of Sherlock and these two films look at what it means to find a path that is true for you. They touch also on finding allies to enable stronger service, and how being true to yourself should not be lonely.

IMDb: <https://imdb.to/3whmrXa>

## **Music**

### **Integrity Spotify playlist**

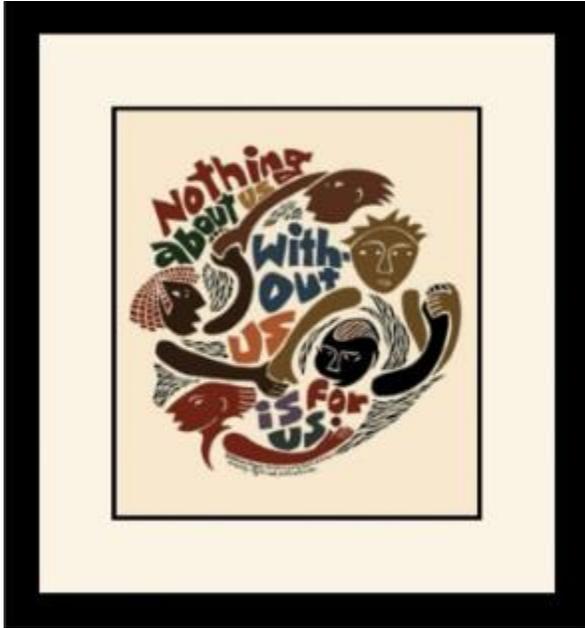
<https://spoti.fi/3GqI4tY>

- Aisha Badru – *Road to Self*
- Mayaeni – *Underdog*
- Jamila Woods – *Holy*
- India.Arie – *Strength, Courage & Wisdom*
- May Erlewine – *Never One Thing*
- MILCK – *Quiet*
- Tracy Chapman – *All That You Have Is Your Soul*
- Jeffrey Martin – *Narrow Road*
- Rend Collective – *This Little Light Of Mine*
- Xavier Rudd – *True to Yourself*
- The Oh Hellos – *Hello My Old Heart*
- Ian Randall Thornton – *See You Through*

## Art

### ***Nothing About Us***

by Ricardo Levins Morales



From Ricardo Levins Morales Art Studio:  
*Nothing About Us, Without Us, Is For Us*. This powerful slogan arose from the struggle of people with disabilities in South Africa. It could be the basic operating principle of peoples' struggles all over the world.

**Contributors:** *the Spiritual Practice packet team – Merrill Aldrich, Andrea La Sonde Anastos, Shelley Butler, Mike Funck, Lia Rivamonte, and Erika Sanders; with ministerial support from Rev. Karen Gustafson and Rev. Kathleen Rolenz.*

This piece is part of Unity's permanent art collection. It is located in the Unity Church Elliot Wing hallway on the first floor.

Ricardo Levins Morales Art Studio:  
<https://www.rlmartstudio.com/>

## Photos

### ***Cover Photo***



Brett Jordan  
<https://www.pexels.com/@brettjordan/>