



# Spiritual Practice Packet

March 2023

*Service*



## CONTENTS

Reflection

Spiritual Practices

Questions to Ponder

Inspiration

Unity Church-Unitarian, St. Paul, Minnesota

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

# Service

Integrity. Service. Joy. Those three words have shaped the culture and practice of Unity Church for over a decade. They are woven in, amongst and beyond much of what happens in the life of the congregation. Although these themes are — or will be — explored as part of the monthly themes — they were carefully chosen and inextricably linked together, like a strand of pearls which are meant to both inspire and challenge.

The word service has a multiplicity of meanings, of course. We get our cars “serviced.” We attend a worship service or eat at a restaurant that has a dinner service. Our youth are required to do service projects, and misdemeanor offenders may be required to do community service. We may volunteer our services at church or retire from military service. Yet, the word service has a complex history. The root of the word can be traced back to Medieval Latin, *servitium* which connotes the state of serving or being in another’s command. In essence, it meant the “condition of being a slave, servitude.” The word is complicated.

When I was in seminary, I attended a learning-service trip to Haiti. It was sponsored by the United Methodists and the program was geared around being in service to the Haitians by helping them build a schoolhouse in a remote village. Another group had gone before ours, and they were charged with the task of laying the foundation of the school. Our group was to build on the foundation. When we arrived, we saw that the foundation had crumbled and was useless. “What happened?” we asked our Haitian contact. He smiled and shrugged. “They didn’t ask me what kind of brick they should use. I could have told them that those bricks would dissolve in the first rainstorm.”

We know that sometimes our efforts to be of help can be patronizing and/or paternalistic. To be of service without examining our motives or, in this case, being the white savior, can do more harm than good. We see this particularly during times of crisis when people with compassionate hearts rush to a disaster wanting to help, but without taking the time for deeper reflection on how that help may impact individuals or a system.

So how do we apply our desire to be of service to humanity, to sentient beings and to the planet, without doing harm? To be of service requires us to reflect on critical questions. What is the primary reason I want to be of service? Is it because it might make me like myself better? Is it because it would look good on my resume? Is it because I’m convinced that my way is the right way? All of these motivations can lead us into a more selfless service, but not without some form of spiritual interrogation.

The Quaker writer and theologian Parker Palmer wrote, “Our deepest calling is to grow into our own authentic self-hood, whether or not it conforms to some image of who we ought to be. As we do so, we will not only find the joy that every human being seeks — we will also find our path of authentic service in the world.”

Authentic service is what arises from knowing one’s motivations. It also involves being mindful of one’s own capacity to serve. Sometimes we can’t be of service to others. Sometimes we need to

allow ourselves to receive service and help from others. It is not only in the giving that we receive; but in the receiving, we also learn to surrender our insistence on only being the one who gives.

May this month of “service” provide you with rich opportunities to give and to receive.

*Written by Rev. Kathleen Rolenz with Rev. KP Hong, Rev. Andrea Anastos, Drew Danielson, and Rev. Karen Gustafson.*

# ***Spiritual Practices***

## ***Option A:***

### ***The Spiritual Practice of Discernment on Right Relations as Service***

Volunteering for the welcome team or religious education is a public way of offering service to your church. Living into a covenant of right relations is a less visible service to the church, but perhaps one of the most important.

It's often said of Unitarian Universalism that ours is a "covenantal" religion. When he was minister of Unity Church in 1879, Wm Channing Gannett asked members to affirm that our religious life means "the thankful, trustful, and loyal life," and that church is a community of helpers "wherein it is made easier to lead such a life." This is a covenant of right relations, of a kind.

What do those words mean to you in service to our church community? It's easy to say our values, but much harder to put them into practice. Consider some of the deeper implications of what we pledge to do.

Take a look at "Reflections on Right Relationship" on the UUA website here:

<https://www.uua.org/leaderlab/leadership-technical-skills-reflections-on-right-relationship>

Then consider a time when you may have been hurt by the church, a group in the church, an individual or perhaps even a minister. Did you use the skills of right relationship to resolve the issue? Or did you perhaps hold on to a grudge, talk to others about the issue with anger or frustration, or let past wounds contribute to the problem?

If you were willing to use right relationship practices but unable to resolve the issue directly, how did you or how could you come back to right relationship? When intention doesn't match outcome, or when there is refusal to admit harm, are you able to forgive? Are you able to have a disagreement, still love and respect that person or group, and work together in community? If not, keeping the UU Principles in mind, what would it take?

## ***Option B: Simplicity as Spiritual Practice***

Living with concerns for our own comfort or the comfort of those closest to us limits our ability to serve, and short-circuits the many nuances of serving. The success of capitalism depends on accumulating material possessions that may hoard resources needed by others, damage the environment we all (human and non-human) depend on, be produced in ways that damage another's health or life, and sever equitable relationships. Living simply is a subversive way of serving all parts of the universe. Simplicity is an inward practice that can lead one to let go of a materialistic and/or affluent lifestyle, develop a greater sensibility for people in need, and connect to something greater than ourselves.

The Spiritual Practice website suggests these things to move toward simplicity:

- buy things for their usefulness rather than their status
- reject anything that is producing an addiction in you
- develop a habit of giving things away
- refuse to be propagandized by the custodians of modern gadgetry
- learn to enjoy things without owning them
- develop a deeper appreciation for the earth
- look with a healthy skepticism at all "buy now, pay later" schemes
- reject anything that breeds the oppression of others or adds to the climate crisis
- let go of things that distract you from realizing the Beloved Community

Some of these are not so clear-cut. For example, how do you know if something you might purchase or own has contributed to the oppression of others? Or is better or worse for the environment? Consider ways that might help you determine that.

Considering the list above, how many of these are practices in which you already engage?

How many of these things would require sacrifice on your part?

One doesn't have to engage in all the things on the simplicity list at once. To develop this spirituality practice, choose realistically those things that you can practice consistently. Check back to your list from time to time to see if your spiritual practice is still in line with your intention, and what you might do to strengthen your practice.

Adapted from *Simplicity* on the SpiritualPractices.ca website.

<http://spiritualpractice.ca/what/what-2/the-common-christian-practices/simplicity/>

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: Service and Relationship***

Service is not one monolithic entity. And service is not a one-way experience. Service invites and begets service, drawing us into relationship.

Create a visual service web to meditate with and ponder during the upcoming month, feeling free to engage with it by adding new 'services' as you remember them or begin them.

Using a large piece of paper (or artist's canvas, or fabric – whatever your aesthetic suggests), write your name toward the center of the expanse.

You may want to decide at this point what color or type of line (dotted, solid, double) you want to use to indicate those who offered service to you, and what color or type of line you will use to indicate those to whom you offer service. You may also want to differentiate groups by color (for instance, family members, mentors and teachers, friends, and colleagues).

Begin to add names of those whose service (care) allowed you to become who you are. These may be specific names of individuals, or descriptors (the midwife who delivered me), or groups (my nursery school teacher and class). Are any of these two-way service engagements (for instance, with a parent or sibling, or mentor)?

As you gradually work outward, you may begin to discover that those in your circle also have service relationships with each other. Begin to include those. Feel free to use another color or type of line.

You may want to consider:

- which service has inspired or invited further service?
- is there a type of service you resist? Why might that be?
- are there types of service that are easy for you? Do you know why?
- are there places where your service 'dead-ended' or disappeared? Why?
- is the service you offer balanced by the service you receive, or do you tend to experience service more as in-coming or out-going?
- are there ways you have tried to serve that have been rejected? How do you feel about that?

## ***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 is your motivation for being of service?
2. What is the relationship between service and spirituality?
3. What are your gifts and passions that you can offer to others?
4. What is the relationship between service and worship? Why do we refer to worship as a “worship service”?
5. Is there a difference between “helping” and “service”? If so, what is the difference?
6. In your family of origin, was service to others a value? How was service performed and defined in your family of origin?
7. When have you been a recipient of service from others? How does that feel? How does it feel in some contexts versus others? Are there times when receiving a service is deeply uncomfortable, or when it is deeply pleasurable? Why might that be?
8. What is the relationship between service and charity? How do they feel different or the same?
9. What do you think about the power dynamics of serving others? Servants are often thought of as lesser than those they serve; while missionaries are often sent to “save” the poor. Is it possible to offer service while walking alongside those you serve (rather than behind or in front)?
10. How much are we willing to give, and what are we holding on to? How do we really feel about the place of helping in our lives?
11. How are “work” and “service” different and how are they the same? What is the spiritual connection between them?
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 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 service. 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

#### Service

1. an organization, company, or system that provides something to the public
2. work done by an organization or person that does not involve producing goods
3. work that is done to repair something (such as a vehicle) or to keep it in good condition

~*Britannica Dictionary*

#### Etymology

From Old French servir “to do duty toward, show devotion to”

From Proto-Italic \*serwo- “shepherd,” \*serwa- “observation,”

From PIE \*seruo- “guardian”

~*Online Etymology Dictionary*

#### Synonyms

mercy, kindness, benefit, mitzvah, assistance, support, comfort, relief, submission, allegiance, loyalty, servitude, employment, ministry

~*Roget's Thesaurus*

#### Service

Service is not to be confused with “do-goodism.” This is a form of self-righteous service in which we “help those people,” referring to those beneath us in need... True service ministers simply and

faithfully because there is a need. Of all the classical spiritual disciplines, service is the most conducive to the growth of humility, and humility is one of the key ways we “tame” our Egos in order to see ourselves as part of the much larger picture. The discipline of service is not about doing but about being; not about serving per se, but about becoming a servant. When you are a servant, you surrender the right to decide whom and when you will serve.

~*SpiritualPractices.ca*

### Wise Words

I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.

~*Rabindranath Tagore*

When I care 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*

One act of beneficence, one act of real usefulness, is worth all the abstract sentiment in the world.

~*Ann Radcliffe*

Spiritual warrior's pledge: Not for myself alone, but that all the people might live.

~*Brooke Medicine Eagle*



Love is the doctrine of this church,  
The quest of truth is its sacrament,  
And service is its prayer.

~A UU Covenant, <https://bit.ly/3lmbkBV>

So when He [Jesus] had washed their feet, taken His garments, and sat down again, He said to them, "Do you know what I have done to you? You call Me Teacher and Lord, and you say well, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you should do as I have done to you. Most assuredly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him. If you know these things, blessed are you if you do them. *John 13:12-17. New King James Version.*

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

Ideally, everyone would serve with a pure heart for altruistic reasons but given that we are not ideal or perfect people, does it matter what one's motives are when the outcome of giving service effects positive change or helps someone?

~Shelley Butler

I discovered, you see, that real Benedictinism requires us to pour ourselves out for the other, to give ourselves away, to provide the staples of life, both material and spiritual for one another. The question is not whether what we have to give is sufficient for the situation or not. The question is simply whether or not we have anything to give. That's what hospitality is all about. Not abundance and not totality. Just sharing. Real sharing.

~Joan Chittister, O.S.B.

The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.

~Ralph Waldo Emerson

The best way to find yourself is to lose yourself in the service of others.

~Mahatma Gandhi

## **Prayer**

### **Litany of Service**

by Andrea La Sonde Anastos

Let my living be in service to love.  
Let my living be in service to those I love.  
Let my living be in service to the one who calls me neighbor.  
Let my living be in service to the common good.  
Let my living be in service to all breathing species.  
Let my living be in service to all growing species.  
Let my living be in service to the singular and particular.  
Let my living be in service to the ground of being.  
Let my living be in service to the purity of air.  
Let my living be in service to the waters, great and small.  
Let my living be in service to the stardust that has become earth.  
Let my living be in service to the solar system and the galaxy.  
Let my living be in service to all I see and hear and taste and smell.  
Let my living be in service to the gravity that connects.  
Let my living be in service to the waters, great and small.  
Let my living be in service to justice.  
Let my living be in service to compassion.  
Let my living be in service to the web of creation.  
Let my living be a blessing in service to the Blessed.

## **Poetry**

### **A Wasp Woman Visits a Black Junkie in Prison**

by Etheridge Knight

*Excerpt:*

After explanations and regulations, he Walked warily in.

Black hair covered his chin, subscribing to  
Villainous ideal.  
“This can not be real,” he thought, “this is a  
Classical mistake;  
This is a cake baked with embarrassing icing;  
Somebody’s got  
Likely as not, a big fat tongue in cheek! What have I  
to do  
With a prim and proper-blooded lady?” Christ in  
deed has risen  
When a Junkie in prison visits with a Wasp woman.

<https://bit.ly/3Sotd7F>

### ***When Giving is All We Have***

by Alberto Ríos

*Excerpt:*

We give because someone gave to us.  
We give because nobody gave to us.  
We give because giving has changed us.  
We give because giving could have changed us.  
We have been better for it,  
We have been wounded by it—  
Giving has many faces: It is loud and quiet,  
Big, though small, diamond in wood-nails.

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

### ***To Be of Use***

by Marge Piercy

*Except:*

The work of the world is common as mud.  
Botched, it smears the hands, crumbles to dust.  
But the thing worth doing well done  
has a shape that satisfies, clean and evident.  
Greek amphoras for wine or oil,  
Hopi vases that held corn, are put in museums  
but you know they were made to be used.  
The pitcher cries for water to carry  
and a person for work that is real.

Poetry Foundation: <https://bit.ly/3XZWYgK>

### ***If I can stop one heart from breaking***

by Emily Dickinson

If I can stop one heart from breaking, I shall not live  
in vain;  
If I can ease one life the aching,  
Or cool one pain,  
Or help one fainting robin  
Unto his nest again,  
I shall not live in vain.

## **Video**

### ***College Behind Bars***

A film by Lynn Novick

Men and women in prison for serious crimes try to  
earn college degrees in this groundbreaking story  
of incarceration, injustice, race in America, and the  
transformative power of education.

*College Behind Bars*, a four-part documentary film  
series directed by award-winning filmmaker Lynn  
Novick, produced by Sarah Botstein, and executive  
produced by Ken Burns, tells the story of a small  
group of incarcerated men and women struggling  
to earn college degrees and turn their lives around  
in one of the most rigorous and effective prison  
education programs in the United States – the Bard  
Prison Initiative.

<https://www.pbs.org/kenburns/college-behind-bars/>

For additional perspective on this Bard College  
program, see the book ***College in Prison: Reading  
in an Age of Mass Incarceration*** by Daniel  
Karpowitz.

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

### ***Freedom Riders***

PBS American Experience

The story behind a courageous band of civil rights  
activists called Freedom Riders who in 1961  
challenged segregation in the American South.

<https://to.pbs.org/3EuLY3n>

## ***After Life***

The conversation in this two-and-a-half-minute clip from the TV show *After Life* distills why we turn away from selfishness and toward service.

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

Warning: Contains suicide reference.

## ***The Power of Service***

A TEDxYouth talk given by grade schooler Felix Hennigar. He describes living through an earthquake in Nepal and being inspired by his parents who stayed and helped people. He described starting a service project and why.

[https://www.ted.com/talks/felix\\_hennigar\\_the\\_power\\_of\\_service](https://www.ted.com/talks/felix_hennigar_the_power_of_service)

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

### ***The Spirituality of Service***

by Erik Walker Wikstrom

*Excerpt:*

Imagine if the practical and administrative work of the church—meetings, planning, teaching, etc.—were understood not as a necessary evil but as an integral part of the mission of the church to nurture us spiritually. What if lay leadership were not a means to an end but an end in itself? Could you experience the meeting room as a zendo and the deliberations of a task force as a form of group prayer? Imagine church not as a place led by a few overly taxed volunteers but one where leadership is a broadly shared ministry that members of the community undertake for the deep joy of it.

<https://www.uuworld.org/articles/spirituality-service>

### ***15 Unexpected Benefits of Volunteering That Will Inspire You***

by Joanne Fritz

*Excerpt:*

Most of us want to help those less fortunate than ourselves. We do not volunteer, for the most part, because it benefits us. We volunteer because it makes a difference.

But, there are even more benefits to volunteering. We notice a subtle shift in ourselves when we volunteer. We feel more connected to others, and we become less absorbed in the normal stresses of daily life. We share our experiences with others and want to help more.

<https://www.liveabout.com/unexpected-benefits-of-volunteering-4132453>

### ***Helping people, changing lives: 3 health benefits of volunteering***

by Angela Thoreson

*Excerpt:*

Research has shown that volunteering offers many health benefits, especially for older adults, including:

1. Improves physical and mental health.
2. Provides a sense of purpose and teaches valuable skills.
3. Nurture new and existing relationships.

<https://mayoclinic.org/3xlrnFh>

### ***The Spirituality of Service***

by Nic Cable

*Excerpt:*

In all of our religious communities across the country, there are going to be lots of things you can do to get involved. But before you jump right in to the deep end or offer to fill a need, even a very important need, within your congregation, it's a good idea to ask some questions about your gifts and passions in life. It can be meaningful to return to that profound moment and try to remember clearly why this community began to feel like home. In other words, when it comes to serving within our congregations, we need to get down to the heart of the matter—we need to return to our hearts—so that the service we do can be truly life-giving.

<https://www.uuabookstore.org/Assets/PDFs/3073.pdf>

### ***What is Servant Leadership?***

*Excerpt:*

The servant-leader is servant first... It begins with the natural feeling that one wants to serve, to

serve first. Then conscious choice brings one to aspire to lead. That person is sharply different from one who is leader first, perhaps because of the need to assuage an unusual power drive or to acquire material possessions...The leader-first and the servant-first are two extreme types. Between them there are shadings and blends that are part of the infinite variety of human nature.

<https://www.greenleaf.org/what-is-servant-leadership/>

## **The Unitarian Universalist Service Committee**

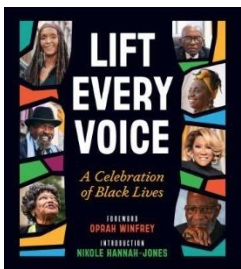
The Unitarian Universalist Service Committee (UUSC) is a nonprofit, nonsectarian organization advancing human rights together with an international community of grassroots partners and advocates. They also partner with Unitarian Universalist congregations to uplift human rights through social action. And, they provide Justice Education & Leadership Development to inspire, equip, and sustain spiritually grounded activism for justice.

Additional information: <https://www.uusc.org/>

## **Books**

### ***Lift Every Voice: A Celebration of Black Lives***

Introduction by Nikole Hannah-Jones



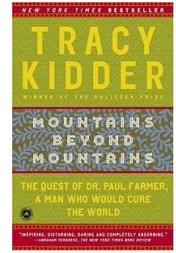
Lift Every Voice presents interviews with the oldest generation of Black Americans about their lives, their experiences, and the wisdom that can carry all of us to a better future. The 54 fascinating individuals include civil rights activists, hometown heroes, celebrities, and many others.

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

### ***Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World***

by Tracy Kidder

At the heart of this book is the example of a life based on hope and on an understanding of the truth of the Haitian proverb “Beyond mountains there are mountains” — as you solve one problem, another problem presents itself, and so you go on and try to solve that one too. (publisher description). Paul Farmer dedicated his life to serving the underserved but every bit as deserving people with medical care as good or better than you’d find in an American hospital.

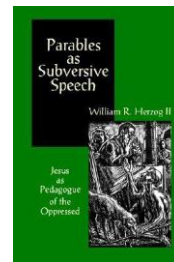


Available in the Unity Library

Barnes & Noble: <https://bit.ly/3JJGnd2>

### ***Parables as Subversive Speech***

by William R. Herzog



Herzog invites us to see the parables of Jesus from the margins and understand them as the subversive texts they are. Since many of the parables deal with aspects of service (The Laborers in the Vineyard, The Talents, The Unmerciful Servant), it is startling to hear them as the subversive challenge Jesus preached, rather than as complicit with the “Empire.”

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

### ***Serving with Grace: Lay Leadership as a Spiritual Practice***

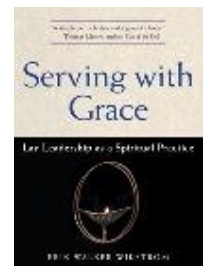
by Erik Walker Wikstrom

Discover how to experience congregational work as an integrated element in a fully-rounded spiritual life. (publisher description)

Available in the Unity Library.

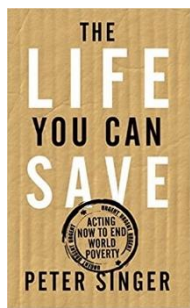
Skinner House Books:

<https://bit.ly/3IRYkW9>



## ***The Life You Can Save: Acting Now to End World Poverty***

by Peter Singer



In *The Life You Can Save*, Singer makes the irrefutable argument that giving will make a huge difference in the lives of others, without diminishing the quality of our own. This book is an urgent call to action and a hopeful primer on the power of compassion, when mixed with rigorous investigation

and careful reasoning, to lift others out of despair. (publisher description)

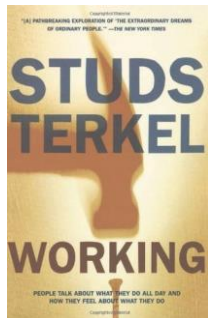
Available In the Unity Bookstall.

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

## ***Working: People Talk About What They Do All Day and How They Feel About What They Do***

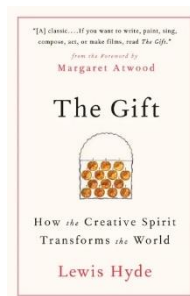
by Studs Terkel

This is a synthesis of hundreds of interviews regarding the role of work across the socioeconomic spectrum. What does it tell us about the relationship between “work” and “service”. How are they different and how are they the same? What is the spiritual connection between them?



Studs Terkel records the voices of America. Men and women from every walk of life talk to him, telling him of their likes and dislikes, fears, problems, and happinesses on the job.

Goodreads: <https://bit.ly/40jLp62>



## ***The Gift: How the Creative Spirit Transforms the World***

by Lewis Hyde

In her *Marginalian* article about this book, Maria Popova writes “It is a gladness to be able to call one’s daily work a labor of love, and to have that labor put food on

the table the way any work does, dishwashing or dentistry. And yet such labors of diligence and devotion — the kind William Blake called “eternal work” — are somehow different, different and more vulnerable, for they enter the world in a singular spirit and are recompensed in a singular spirit, distinct from dentistry or dishwashing.

That spirit is the spirit of a gift — not the transaction of two commodities but the interchange of two mutual generousities, passing between people who share in the project of a life worth living.

Bookshop.org: <https://bit.ly/3IN8Vkw>

## ***How Can I Help? Stories and Reflection on Service***

by Ram Dass and Paul Gorman

Not a day goes by without our being called upon to help one another--at home, at work, on the street, on the phone. . . . We do what we can. Yet so much comes up to complicate this natural response: “Will I have what it takes?” “How much is enough?” “How can I deal with suffering?” “And what really helps, anyway?”



In this practical helper's companion, the authors explore a path through these confusions, and provide support and inspiration for us in our efforts as members of the helping professions, as volunteers, as community activists, or simply as friends and family trying to meet each other’s needs.

Available in the Unity Library

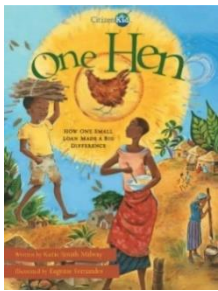
Barnes & Noble: <https://bit.ly/3YX8hXT>



## Children's Books

### **One Hen**

by Katie Smith Milway



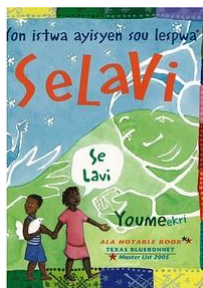
This is a book based on a real person (from Ghana) and how microfinance allowed him to help his family, his community, his nation. Microfinance is a form of service that builds and strengthens communities everywhere.

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

### **Selavi, That is Life: A Haitian Story of Hope**

by Youme Landowne

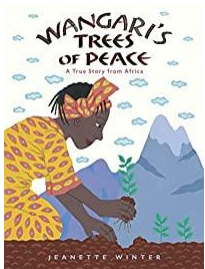
A homeless boy on the streets of Haiti joins other street children, and together they build a home and a radio station where they can care for themselves and for other homeless children.



Available in the Unity Whitman Children's Library: <https://bit.ly/3xluI0D>

### **Wangari's Trees of Peace: A True Story from Africa**

by Jeanette Winter



This true story of Wangari Maathai, environmentalist and winner of the Nobel Peace Prize, is a shining example of how one woman's passion, vision, and determination inspired great change.

Available in the Unity Whitman Children's Library: <https://bit.ly/3YUiyKK>

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

by Kate Schatz, illustrated by Miriam Klein Stahl

These are brief biographies of girls and women across the globe who have changed the course of history in 'small' and 'large' ways. The people selected cover the range of skin colors, nationalities, religions, socio-economic level, education. The vast majority of these women and girls (and trans folks) are motivated by a sense of service to others.

Young Adult book

Bookshop.org: <https://bit.ly/3KA2KIM>

*Additional titles by the same author:*

### **RAD Girls Can**

### **RAD American Women A-Z**

## Movies

### **The Help**

Directed by Tate Taylor, 2011.

An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis.

<https://imdb.to/3EguVSP>

### **Spotlight**

Directed by Tom McCarthy, 2015

Spotlight tells the true story of the Boston Globe investigation that would rock the city and cause a crisis in one of the world's oldest and most trusted institutions. When the newspaper's tenacious "Spotlight" team of reporters delve into allegations of abuse in the Catholic Church, their year-long investigation uncovers a decades-long cover-up at the highest levels of Boston's religious, legal, and government establishment, touching off a wave of revelations around the world.

IMDb: <https://imdb.to/3YVhC1W>

## **All the Presidents Men**

Directed by Alan J. Pakula, 1976

Two reporters' investigation of a seemingly minor break-in at the Watergate Hotel uncovers the greatest political scandal in United States history.

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

## **Music**

### **Service Spotify playlist**

<https://spoti.fi/3RPSUO3>

- *Instant Night* – Beauty Pill
- *Antifa Dance* – Ana Tijoux
- *American Silence* – Chris Pierce
- *What I Did For Love* – Marvin Hamlisch, Priscilla Lopez, A Chorus Line Ensemble, Don Pippin
- *El pueblo unido jamás será vencido* – Quilapayún
- *Help Somebody* – Susan Wener
- *Living For The City* – Stevie Wonder
- *Served Faithfully* – Ani DiFranco
- *You Got To Serve Somebody* – Mavis Staples, Leon Helm
- *It's a good day (to fight the system)* – Shungudzo

## **Cover Photo**



Brett Jordan

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

## **Art**

### **For Those Who are Voiceless**

by Richard Birger



*From Richard Birger:*

This image was taken on the grounds of the Minnesota State Capital in St. Paul. It was captured during the Women's March – Minnesota. That day more than 90,000 people participated. This demonstration occurred the day following President Trump's inauguration as the 45th President of the United States of America. This piece is part of Unity's permanent art collection. It is located in the Unity Church Elliot Wing second floor hallway.

**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. Additional support was provided by Susan Macpherson and Paul Rogne of the Unity Art Team.*