

INTERN MINISTER

Greetings from the Twitter-verse!

Kellie Kelly, Intern Minister

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In January, I invited you to explore our theme of #Prophecy with me on Twitter (@kellieukelly). For those of you who aren't interested or able to sign



up for a Twitter account, I have included some of my favorite January tweets/posts here in our newsletter. Each month, I will continue to explore our Soul Connections themes on my Twitter account using a hashtag (#) and the month's theme

(example: "#Prophecy"). I also would love to join your explorations of the monthly themes (simply include my Twitter handle at the beginning of your Tweet: "@kellieukelly" or post to my Facebook wall). As A.A. Milne's Piglet says when he misses his dear friend Winnie the Pooh, "It's so much more friendly with two..." or three... or four... or more.

So this month, we explore #Identity.

My seminary, Meadville Lombard, teaches us that every conversation is a multicultural exchange. What does that really mean though? What do you think? Does this teaching make you roll your eyes? Or do you feel your shoulders relax and your chest open? Or do you feel your stomach drop as if you were just told bad news? Our physical responses are important messengers from our bodies. I invite you to pay attention to them without judgement. It is important that we know where we are when we start and accept it with self-compassion.

What I have learned from my school's teaching is that every person has many identities and, because of this, has been influenced by many cultures. This teaching also reminds me that most of these identities and cultures are invisible to others. Observation is limited. We learn the most about others by asking, listening, and letting go of our assumptions.

Based in the Sikh faith, Kundalini yoga practitioners say "Sat Nam" as a greeting and farewell. Sat Nam can be translated as "I see your True Self" or "I see your Divine Nature." Learning to know and love our neighbors is sacred work. When we allow someone to share their identity with us, we are better able to imagine the world from their perspective and offer them both empathy and compassion. You are seen. You are loved. What could be more holy?

Just as we need to allow others to share their

identities with us, I believe that we need to take the time to discover and explore our own identities—the time to find our truths. Take a blank piece of paper and write every identity and role you have carried. Give yourself 15 minutes and don't be surprised if you fill up the entire sheet! Which identities or roles surprised you? Can you think of how each identity/role/culture has shaped you? How did your body feel as you wrote down the identities? As you thought about their effects on you and your life? Remember to notice these reactions without judgement. This is only the starting point.

You are seen. You are loved. What could be more holy?

With gratitude, Kellie

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kristina spaude @LoveistheWork · 16h

All bodies are different. There's no right way to have a body. All bodies are good, all ways of being in bodies are good. #uusunday

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Bernie Sanders @SenSanders · 12m

The repeal of the Affordable Care Act is not an academic debate about health care policy. It is a life and death issue.

77 822 2K



Kellie Kelly @kellieukelly · 15m

Sorry that I missed you, @BlackLivesUU! So glad that #TheVUU is recorded and available for viewing! #BLM @utuuc @UUA



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