

INTERN MINISTER

Greetings from the Twitter-verse!

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As a reminder, I explore each month's Soul Connections theme on my Twitter account (@kellieukelly) using a hashtag (#) and the month's theme. 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. For those of you who aren't interested or able to sign up for a Twitter account, I include some of my favorite tweets from the last month here. This month we explore **#Embodiment**.

What does it mean to be a community of **#embodiment**? When I think of **#embodiment**, I think of it two different ways. First, I think of it as being—being in the present, being present in our lives, being in our world, being in our bodies. Over the last two years, I have been trying to work on this type of embodiment personally. Paying attention to my 11-year old son more, multitasking less. Recording my son's laughter in my heart each time he blesses me with it. Appreciating our life now, instead of delaying happiness until I reach the next milestone. Taking a mental picture of the pear tree blossoms blanketing my neighbor's driveway before going back to my morning routine. Accepting that self-care is a necessity and not a gift. Learning to listen to my body, slowly translating its language and respecting its wisdom

The second way that I think of embodiment is as transforming feelings and concepts into concrete actions. How do we embody our values? How do we live out our values in our personal lives and in the world?

As a community of embodiment, what values are we called to embody? And what does that actually look like? As a community of Unitarian Universalists, we have three sets of value statements that build on each other. The first is our religion's seven Principles. The second is our congregation's covenant, spoken out loud at the beginning of every service. The third is our congregation's Mission Statement and Ends Statements.

Right now within the national Unitarian



Universalism conversation, UUs of color have raised questions of how well we are embodying our Principles when applied to people of color (for more information see www.uuworld.org/articles/critics-challenge-uua-hiring-practices?utm_source=uuworld&utm_medium=front&utm_campaign=picks).

Although there are a few national leaders who have responded to these questions with defensiveness and caused deeper pain, the majority of national leadership has welcomed this important conversation and asked for assistance in investigating the places where we can dismantle the systemic racism and white supremacy within our organization. Good intentions matter. AND good intentions are not enough. Impact matters. We must ensure that our impact matches our intentions.

During this month of embodiment, Rev. Taylor, Rev. Gage, and I will be offering our congregation different ways to engage in our religion's national conversation and the #UUWhiteSupremacyTeachin requested by our siblings of color, the UUA national board, and our national religious educators association (LREDA). We'll look at how this conversation relates to the work we have already been doing at Unity. We'll look at what this conversation calls us to do in the future. I encourage you to bring your minds, hearts, and voices to these conversations. We are connected to each other and need each other to embody our greatest aspirations.

The President of Starr King Seminary, the Rev. Rosemary Bray McNatt explained it poignantly in her 1991 essay, "It's Hard Work." She said, "The truth is this: If there is no justice, there will be no peace. We can read Thoreau and Emerson to one another, quote Rilke and Alice Walker and Howard Thurman, and think good and noble thoughts about ourselves. But if we cannot bring justice into the small circle of our own individual lives, we cannot hope to bring justice to the world. And if we do not bring justice to the world, none of us is safe and none of us will survive. Nothing that Unitarian Universalists need to do is more important than making justice real—here, where we are. Hard as diversity is, it is our most important task."

May McNatt's words bring our entire religion courage and comfort as we narrow the tragic gap between who we are today and who we dream to be tomorrow. May her words bring you courage and comfort as we attempt to embody our deepest held values. May it be so.

