

Books

| Title | Author | Topic Area |
|---|-------------------------------------|---|
| A Year with Rumi and the Soul of Rumi | Coleman Barks | Poetry |
| A Year with Hafiz | Daniel Ladinsky | Poetry |
| Risking Everything | Roger Housden | Poetry collection |
| To Bless the Space Between Us | John O'Donohue | Poetry |
| Thirst | Mary Oliver | Poetry (good for death and dying) |
| Life Prayers: From Around the World. 360 Prayers to celebrate the human journey | Elizabeth Roberts and Elias Amindon | Poetry for Life's journey |
| The Complete Psalms | Pamela Greenberg | A book of prayer songs in a new translation |
| Places that Scare You: A Guide to Fearless Living | Pema Chodron | Buddhist Inspired teaching |
| Comfortable with Uncertainty: 108 Teachings Fearlessness and Compassion | Pema Chodron | Buddhist Inspired teaching |
| When Things Fall Apart: Heart Advice for Difficult Times | Pema Chodron | Buddhist Inspired teaching |
| Love and Death | Forrest Church | Journey about Death and Dying |
| Here if you need me | Kate Braestrup | Death and Dying - Vocation |
| Let Your Life Speak | Parker Palmer | Quaker Teachings about Vocation |
| A Hidden Wholeness | Parker Palmer | Quaker Teachings about Wholeness |
| Simply Pray | Erik Walker Wikstrom | Spiritual Practices – Prayer |
| Everyday Spiritual Practices | Scott Alexander | Spiritual Practices - General |
| Beginner's Grace | Kate Braestrup | Spiritual Practices – Prayer |
| A Grief Observed | C.S. Lewis | Death, Grief |
| The Still Point in the Turning World | Emily Rapp | |
| Being Mortal | Atul Gwande | |

Websites

| Website | Topic Area |
|---|---------------------|
| Spirituality and Practice http://www.spiritualityandpractice.com/books/audios.php?id=24390 | Spiritual Practices |
| University of Minnesota – Center for Spirituality Healing http://www.csh.umn.edu/ | Healing |
| Abbot Northwestern Penny George Institute for Health and Healing http://www.allinahealth.org/ahs/anw.nsf/page/ihh_home | Healing |
| Karen Armstrong’s Charter for Compassion http://charterforcompassion.org/ | Compassion |
| The Forgiveness Project http://theforgivenessproject.com/ | Forgiveness |
| First Universalist Podcast https://itunes.apple.com/us/podcast/first-universalist-church/id215360625?mt=2 | Church |
| On Being – Public Radio podcasts about various religious, ethics and philosophical topics http://www.onbeing.org/ | Spirituality/ethics |

Articles

| Article Website (if applicable) | Topic Area |
|---|------------------|
| Loss of Our Assumptive World by Elizabeth Harper Neeld, Ph.D http://connect.legacy.com/inspire/page/show?id=1984035%3APage%3A4613 | Assumptive World |
| Waitressing in the Sacred Kitchens, by Rev. Meg Barnhouse Handout from Jen Crow on 10/13/14 | Self Care |
| Getting Grief Right by Patrick O’Malley http://opinionator.blogs.nytimes.com/2015/01/10/getting-grief-right/?emc=eta1 | Grief |
| How not to say the wrong thing by Susan Silk and Barry Goldman http://articles.latimes.com/2013/apr/07/opinion/la-oe-0407-silk-ring-theory-20130407 | Grief |
| The Art of Presence by David Brooks http://www.nytimes.com/2014/01/21/opinion/brooks-the-art-of- | Presence |

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| presence.html? r=0 | |
| Atul Gwande on his Book Being Mortal. http://www.newyorker.com/contributors/atul-gawande | Death and Mortality |

Poems

| Poem | Author |
|--|-----------------------------|
| A Theology Adequate for the Night | Nancy Shaffer |
| The Peace of Wild Things | Wendell Berry |
| Heavy | Mary Oliver |
| Mysteries, Yes | Mary Oliver |
| A Brief for the Defense | Jack Gilbert |
| The Thing Is | Ellen Bass in Mules of Love |
| What I learned from my Mother | Julia Kasdorf |
| A Blessing on Meeting a Stranger | John O' Donohue |
| The Clearing | Martha Postlethwaite |
| Parkinson's Disease | Galway Kinnell |
| Anthem – There is a crack, a crack in everything. That's how the light gets in. That's how the light gets in. | Leonard Cohen |
| May the Longtime Sun <i>May the longtime sun shine upon you all the love surround you and the pure, pure light that's within you guide your way home.</i> | Traditional Blessing |

Meditations/Prayers

| Title | Author |
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| Taoist Stillness Practices: Slowing the Whirly-gig of Mind http://tomkenyon.com/taoiststillness | Tom Kenyon |
| UU Prayer Bead Practice http://www.uua.org/re/tapestry/adults/practice/workshop2/workshopplan/handouts/59197.shtml | UU Prayer Bead Practice |
| Lovingkindness Meditation May I be filled with loving kindness and compassion. May I be safe and well, caring for myself wisely. My I grow in equanimity, freeing my self from attachments and aversions. May I be free from suffering and the causes of suffering, May I be mindful of the many causes for happiness in my life and be happy. May I love myself unconditionally just as I am now. | Kathy Urberg |

Pastoral Care Resources

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| Loving Kindness Meditation – Shorter Version May I be filled with Loving Kindness May I be well May I be peaceful and at ease May I be whole. | Mary Bohman |
| Body Scan Meditations – see attachment at the end of this document | Kim Banz |

Resources from TRUST Training Fall of 2014

| Information Handouts | Topic |
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| Parish Visitor Problem Solving | |
| Guidelines for Referral | |
| Confidentiality | |
| Setting Boundaries | |
| Vulnerable Adult | |
| Self-Neglect Indicators Checklist | |
| Home Safety | |

Helpful Questions in Pastoral Care

Opening Questions:

- What is that like for you?
- What is troubling you?
- What is going on with you?
- How are things with you?
- Tell me more about that?

Effective listening -

- Restate what you hear the counselee states as the problem. "So what I'm hearing you say your biggest concern is....."

Feeling Questions:

- What is troubling you?
- How long have you been feeling this way?
- When did you lose hope?
- Who else can you talk to about this?
- What makes you think that?
- How are you feeling right now?
- How are you coping?

Spiritual Issue Questions:

- What is your conception of God?
- When do you feel closest to God?
- When does God love you?
- What is your church background?
- Is there a situation in which God loves you through this?
- How can you envision God being with you during this time?
- Where is God in your relationships with your significant other kids, family, friends?
- What options have you considered so far?

Big Questions to get conversations going:

- What big events have shaped you?
- When it's quiet, what do you think about?
- Who were the most important people and/or influences in your life?

Healing/Ritual Questions:

- What is in the way of healing?

- Would you like me to pray with you?
- What does healing look like?
- What will you feel like when you've moved through this?
- Is there a ritual that might help the healing process?
 - What would the purpose of the ritual be?
 - What would the ritual look like?

A Unitarian Universalist Prayer Bead Practice

Preparation: The first, largest bead provides a way into this prayer journey. While touching it, you might gently breathe in and out a few times, sing a favorite hymn, or recite a passage of scripture that centers you and creates a space within for the prayer that is to follow.

Entering In: With the four small beads at the beginning of the prayer circle, you enter into this “journey” of prayer. With each bead you might recite the verses of a Buddhist *gatha*, such as:

*Breathing in, I relax body and mind.
Breathing out, I smile.
Dwelling in the present moment,
I realize this is the only moment.*

Or you can create your own entering prayer. I say:

*Open my eyes, that I might see your face in everyone I encounter this
day, myself included.
Open my ears, that I might hear your voice in whatever forms it takes.
Open my hands, that I might freely give whatever is mine to share.
Open my heart, that I might live and love more fully in you.*

Take the time here to be fully intentional about this time.

Naming: The first medium-size bead is for naming the sacred and the holy as you encounter it. In traditional prayer terminology, this is **praise** and **thanksgiving**. You can think of it as naming the places in your life where miracles abound, a chance to “count your blessings,” or a way of beginning your prayer centered in the awareness of the ways in which the holy is happening in your life.

The Small Beads: The three sets of five small beads between the medium-size beads are for “breath prayer.” Many of the world’s religious traditions encourage a short, repetitive prayer tied to the breath. You say one line on the in-breath and a second on the out-breath. You can use two lines from tradition or scripture—the classic from the Christian tradition is “Jesus Christ / have mercy on me”—or you can create your own. Once you settle on a two-part phrase, keep saying the same thing. Part of the power of a breath prayer is its repetition. Live with it long enough for it to become a part of you. I say Emmanuel, God is with me.

Knowing: The second medium-size bead is for giving voice to the broken, wounded, worried places in your soul. (Traditionally, this is called a prayer of **confession**.) It is the chance to take a “fearless moral inventory” and to give voice to what lurks in the shadow. Prayer calls on us to be authentic, whole people, and knowing where we are weak and wounded is essential.

Loving: If your prayer journey is just for your own sake, then it is ultimately hollow. The third medium-size bead provides a place to bring the **concerns of others**—family, friends, communities, the world—into your prayer. These prayers of intercession, as they are traditionally called, are a chance to encourage your prayer to move outward. Call to mind people and situations you know who are in need, or sit quietly and see who (or what) comes to mind.

Listening: The fourth medium-size bead is for listening to “the voice of quiet stillness” within. This is a chance to sit in the Mystery, gently breathing. (Depending on the tradition, this is called **meditation** or contemplation.) Far too often, people think of prayer as “talking to the sacred,” forgetting that in any good conversation we must make room to listen as well as speak.

Closing: Whatever you said to enter into your prayer time, repeat with the four beads at the end of the circle.

This practice is expanded—and a Unitarian Universalist perspective on prayer is more fully explored—in Erik Walker Wikstrom’s [Simply Pray: A Modern Spiritual Practice to Deepen Your Life](http://www.uuabookstore.org/productdetails.cfm?PC=622) (at www.uuabookstore.org/productdetails.cfm?PC=622) (Skinner House Books, 2005).

Body scan meditation- 5 mins

First, find yourself in a comfortable seated position, or lying down, with eyes closed or a dull gaze toward the floor, whatever is comfortable for you. Begin by taking a few deep breaths, to transition yourself from where you were, and welcome yourself into this moment and this practice. Get a sense for the positioning of your body, noticing without judgment if there's tightness or tension anywhere. Also beginning to get a sense of the breath, as if for the first time, you're noticing how it enters your nostrils and lips.

Now intentionally shift that awareness to your feet, the soles, the tops of your feet, the ankles ... noticing how they feel grounded to the earth, allowing them to be. Now bring attention to your legs, your calves, your hamstrings, your thighs. Notice your legs in the chair or the ground. Notice any feelings in your legs with curiosity and non judgment.

Shifting attention up from there to the hips.... Noticing how you can shift your attention at will. No need to analyze or figure anything out. This is a time in the day to experience things as they are. And now, again, shifting attention and becoming aware of the torso, the chest and back and abdomen, a home of ventilation, digestion, circulation. A place where we hold a lot of feelings. Perhaps anxiousness or frustration or joy or calm. Notice any sensations or thoughts you may have about your torso, and let them be.

In this space of awareness and curiosity, choosing to bring attention to your shoulders, your arms, your hands. Being aware of what's here, no judgment. Notice how your arms are positioned, or where your hands are resting. Now shift attention to your face, to your jaw muscles, your ears, and your scalp. Noticing sensations in the face. Now shift your awareness back to your breath, as if for the first time, as this breath comes in and as it goes out. Breathing in and out, feel your head, and arms and abdomen, and hips, and legs and feet, your entire body connected and whole. And end with acknowledging taking time out for your health and well being, as you gently open your eyes

Body scan meditation- extended

Begin by taking some deep abdominal breaths...when we are stressed, we tend to breathe from our chest, so now intentionally bring your awareness to your abdomen, breathing in...and out. If you're able, breathe in through your nostrils and breathe out through your mouth, just noticing the temperature difference. As if for the first time, beginner's mind, look at that. Throughout this practice, you may find your mind wandering to the past, to the future. That's ok. Just notice that that happens, isn't that interesting, and without judgment, gently bring your awareness back to this present moment, to this place, in this body. Become aware of any aches or pains in your body, any tightness or stress. Gently notice it is there, and continue to breathe in...and out.

Bringing your awareness now to your feet, to the tops of your feet, the soles of your feet, your toes...Your feet feel heavy, and warm. So warm, so heavy. All the tension just melts away from your feet, into the ground, and the ground is fully supporting you. So relaxed, your toes spread out just a little bit. They are warm, and heavy.

Bringing your awareness now to your ankles, your calves. They are feeling so warm, so heavy, as all the tension flows down through your feet and the ground accepts it. You are fully supported by the ground. Your ankles and your calves are growing so heavy, so warm, so relaxed.

Shifting your awareness now, noticing how you can shift your awareness at will like this, you bring your attention to your knees, to your legs, your thighs, your hamstrings. They grow heavy and warm, with each breathe in...and each breath out. Noticing if there's any aches in

your legs, releasing it, releasing it, it flows down into the ground, and you are fully supported by the chair. So warm, so heavy, you can feel your legs just melt into the chair. Heavy, and warm.

Shifting your awareness again to your hips, your torso, your buttocks, your lower back and abdomen. Your abdomen and back are growing heavy. You're growing warm. You can feel any tension flow down, down, through your legs, your feet, accepted by the ground, so warm, so heavy, and you are fully supported by the chair. Any tension in your back just melts, melts away, and you are warm and heavy.

With each breath in, and each breath out, you are deepening in relaxation. So warm, so heavy, all tension and stress flowing away. Bringing your attention now to your chest, your shoulders, with every breathe in...and out, your shoulders grow warm, and heavy. So heavy, some space opens up between your shoulders and ears, just a little bit, so heavy, so warm, and with each deep abdominal breath, even more relaxed, and you are fully supported by the chair.

Bringing your awareness now to your arms, your elbows, you feel them become warm, and heavy. Your elbows are so heavy. Another breath in...and out, and all tension in your arms just flows down past your elbows, it is accepted by the ground, and you are fully supported by the chair. Bringing your awareness now to you forearms, your wrists, your hands, the palms of your hands, the top of your hands. They feel so warm, so heavy. Your hands feel heavy, and warm. All stress is flowing down, down through your torso and your legs and your feet, accepted by the ground, and your hands are fully supported. Your hands are so warm, so heavy, your fingers spread out just a little bit.

Bringing your awareness now to your neck, your jaw, your tongue, your lips. Your jaw feels heavy and warm, and relaxes down, down a little. Your tongue feels heavy in your mouth, and rests comfortably in your mouth. Your neck is warm, and heavy, and any stress just melts, melts away. It flows down through your torso and your legs and your feet, accepted by the ground, and your neck is fully supported. You breath in...and out....and even more stress or worry leaves your neck, your jaw. They are so warm, so heavy, and your lips, and jaw, and tongue and neck grow more and more relaxed with each deep abdominal breath.

Bringing your awareness now to the area around your eyes, releasing all the little muscles around your eyes, your ears, your scalp. They grow heavy, and warm. Your eye muscles relax more and more with each breath, any stress, strain or confusion simply melting away, accepted by the ground, and you are fully supported by the chair. The area round your eyes in so heavy, so warm, and with another breath you release, release, any last little bit of worry, it flows down through your legs and feet, and you are completely relaxed. With each breath in...and out...resting for a while warm, and heavy. Your entire body is whole, and connected.

I'm going to count backward from 5. With each number, you'll feel more and more alert, but remain relaxed. 5....deep abdominal breaths...4... aware your body is whole, and connected, and bringing awareness back into the room...3...wiggling your toes and fingers just a little bit, breathing deeply, remaining relaxed....2....growing more alert, but all your muscles are relaxed....and with 1... flutter open your eyes, gently open your eyes as you remain relaxed, comfortable and alert.