

Rev. Dr. Kristina Collins

Sunday Talk Notes May 3, 2020

“Living with Uncertainty”

Uncertainty seems to be everywhere right now. Things shift in moments and we can not tell that it is even coming. Things as common as going to church suddenly change. We may not know what’s coming or how things are going to change but change they are. Why? Because we are growing as we are moving through this spiritual adventure called life. But how do we start on an adventure?

Richard Bach wrote: “We pack up what we’ve learned so far and leave the familiar behind. No fun, that shearing separation, but somewhere within, we must dimly know that saying goodbye to safety brings the only security we’ll ever know.”

Spiritual Practice - “Be Still & Know” **Ernest Holmes: “The soul must make a complete surrender of itself to the Spirit.”**

Four steps to live by:

1. **Show Up** - Be 100 percent present
2. **Pay Attention** - Be here now, not in the past or future. Be present to what is!
3. **Tell the Truth** - What are the facts? what are you feeling? What is real in the place you are in? Ground yourself in the space you are in by describing it.
4. **Stay Detached** - Don’t look for a particular outcome. The world is a moving picture not a still shot, it is always changing. Any particular moment’s outcome will change - “This too shall pass.”

Cultivate flexibility by being open, creative thinking (Jean Houston - “Margaret Mead would think of 9 impossible things before breakfast every day!”)

Release Judgement - Learn to listen to different points of view and be curious about what are the belief systems behind them. If you want the freedom to have your beliefs respected you must respect other’s freedom to their beliefs. It’s a Reciprocal Universe!

“Nothing in the world can bother you as much as your own mind. I tell you, in fact, others seem to be bothering you, but it is not other, it is your own mind.”

Sri Sri Ravi Shankar

Learn compassion. “It’s Okay, Be Kind” - Rev. Liz Luoma of Unity of Fort Collins, Colorado.

“As governors are trying to figure out how to ease back into a new normal please remember:

- Some people don’t agree with the state opening (or not opening)...That’s okay. Be Kind.
- Some people are still planning to stay home...That’s okay. Be kind.
- Some are still scared of getting the virus and a second wave happening....That’s okay. Be kind.

- Some are sighing with relief to go back to work, knowing they may not lose their business or their home...That's okay. Be kind.
- Some people are in mourning over the loss or illness of a loved one that has left their beloved with a changed physical ability. We can be with their grief...That's okay. Be kind.
- Some people are thankful they can finally have a surgery they have put off...That's okay. Be kind.
- Some will be able to attend interviews after weeks without a job...That's okay. Be kind.
- Some people will rush to get their nails or hair done...That's okay. Be kind.
- The point is every one has different viewpoint and feelings and that's okay. Be kind.

We each have a different story. If you need to stay home or go out, do it. Just be kind. Respect each other when in public and be kind. Don't judge others, because you are not their story. We are all in different mental states than we were months ago. So remember It's okay for us to be different, It 's who we are.... Be kind!

Help our fellow travelers on the path - “**He Ain’t Heavy, He’s My Brother**” James Wells, Moderator of the **United Free Church of Scotland**, tells the story of a little girl carrying a big baby boy in his 1884 book *The Parables of Jesus*. Seeing her struggling, someone asked if she wasn't tired. With surprise she replied: "No, he's not heavy; he's my brother." [1]

In a 1918 publication by Ralph Waldo Trine titled *The Higher Powers of Mind and Spirit*, he relates the following anecdote: "Do you know that incident in connection with the little Scottish girl? She was trudging along, carrying as best she could a boy younger, but it seemed almost as big as she herself, when one remarked to her how heavy he must be for her to carry, when instantly came the reply: 'He's na heavy. He's mi brither.'" [2]

The first editor of *Kiwanis* magazine, Roe Fulkerson, published a column in September 1924 carrying the title "He Ain't Heavy, He's My Brother", the first use of the phrase exactly as it is rendered in the song title.

In the 1940s, the words, adapted as "He ain't heavy, Father, he's my brother", were taken as a slogan for Boys Town children's home by founder Father Edward Flanagan.[3] According to the Boys Town website, the phrase as used by Boys Town was said to Fr. Flanagan in 1918 by one of the residents while carrying another up a set of stairs. The boy being carried is said to have had polio and worn leg braces.