

Courage

Spiritual Theme for November 2017

Reflection Questions

- Who in your family is courageous? Have you told them you think they are courageous?
- If courage and cowardice were having a conversation with each other what would they say?
- Where do you turn when you need courage?
- What spiritual practice ignites courage in your heart?
- What does “Courageous Love” look like in your life?
- In what ways do you make **bold, strong** use of your heart?

Quote

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

Nelson Mandela

Books

In order from youngest to more advanced

- *A is for Activist*, Innosanto Nagara
- *Amazing Grace*, Mary Hoffman
- *Hidden Figures*, Margot Lee Shetterly (also available in young readers edition)
- *Long Walk To Freedom*, Nelson Mandela (also available in picture book form)
- *Selma Awakening*, Dr. Mark Morrison Reed
- *Beloved*, Toni Morrison
- *Underground*, Colson Whitehead

Some Courageous Practices to Try

• • •

- **Invite someone to join you at UUCR on Sunday.**
- **Give a sacred No.** Set a boundary with someone and stick to it.
- **Try a new food.** Experiment with a different spice combination or a new food altogether.
- **Ask for forgiveness.** Think of someone who you have wronged and say you are sorry, genuinely.

Playlist

• • •

Who Tells Your Story, Hamilton Mixtape (feat. Common & Ingrid Michaelson) [Clean version] by The Roots

I'm Still Here, Color Purple Original Cast Recording

Strength Courage and Wisdom, India Arie

Videos

• • •

[Moana - Restoring the Heart](#)

[Laura Mvula - Overcome ft. Nile Rodgers](#)

[Brave at University of Minnesota Masonic Children's Hospital](#)

[And Still I Rise, Maya Angelou](#)