

# WEEK 4

## REMEMBERING WHAT IS MINE TO DO

### » REMEMBERING WHAT IS MINE TO DO «

**Alan Turing once said** "We can only see a short distance ahead, but we can see plenty there that needs to be done." Sometimes the work is obvious and right in front of us, sometimes the work lies beneath the surface of our own beliefs. How do we know what needs to be done? We cultivate the willingness to look and to listen.

### » KEY POINTS OF THE WEEK «

- To identify how I might contribute to a world that works for all.
- To identify how I might contribute to a world that does not work for all.
- Be willing to look and listen.

### » QUOTES FOR THE JOURNEY «



*It's not enough that we do our best;  
sometimes we have to do what is required.*  
~ Winston Churchill



*The things we need most are the things we have become most afraid of, such as adventure, intimacy, and authentic communication. We avert our eyes and stick to comfortable topics. We hold it as a virtue to be private, to be discreet, so that no one sees our dirty laundry. We are uncomfortable with intimacy and connection, which are among the greatest of our unmet needs today. To be truly seen and heard, to be truly known, is a deep human need. Our hunger for it is so omnipresent, so much a part of our life experience, that we no more know what is missing than a fish knows it is wet. We need more intimacy than nearly anyone considers normal. Always hungry for it, we seek solace and sustenance in the closest available substitutes: television, shopping, pornography, conspicuous consumption — anything to ease the hurt, to feel connected, or to project an image by which we might be seen or known, or at least see and know ourselves.*  
~ Charles Eisenstein



*Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, and our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it.*  
~ Arundhati Roy



## DISCUSSION QUESTIONS

1. Understanding discrimination is a regular experience for so many in our country. What do you see as yours to do to diminish discrimination, be it in your own consciousness or in supporting others?
2. Have you ever experienced discrimination? Although discrimination based on appearance is never right, did anything positive come out of that experience for you in terms of awareness or seeking to make meaningful change?
3. How can Mile Hi Church become an even more inclusive community?



## » OPTIONAL PROCESS «

### OPTION 1

#### Experiential Process:

(Unconscious Bias Worksheet Handout)

### OPTION 2

#### Deeper Dive:

#### What Can One Person Do?

Advice from Nicholas Kristof and Sheryl WuDunn

*Talking about helping others can easily sink into soggy sentimentality, even sanctimony. But the most important counterpoint is that reaching out to try to help, especially when we do it as a social activity, isn't a Gandhi-style sacrifice. It's a source of fulfillment, even joy. Over the past couple of decades, a growing stack of evidence has shown that social behavior—including helping others—improves our mental and physical health and extends life expectancy.*

1. Find an issue that draws you in and research it.
2. Volunteer, get involved, or do something more than just writing checks.
3. Use your voice to spread the word or advocate for those who are voiceless. Sometimes, money or even supplies, won't fix a problem—it needs a change of awareness or a holding accountable of politicians.

What is an issue important to you and what are you willing to do to contribute in order help to address it?

### OPTION 3

#### Conscious Voter Checklist:

Answering honestly, even in the midst of a contentious election season, can you commit to the following?

#### Conscious Voter Checklist

- I will affirm the highest good, no matter which candidates are selected for office and will commit to claiming peace, restoration, and Oneness beyond any appearance or outcome.
- I will approach (and not avoid) central issues facing my community and country. I will seek to discuss them in supportive spaces where I am willing to hear and trust that I am being heard, even when in disagreement.
- I will hold myself accountable to being a role model for good in my home, online and having to do with controversy in every area, knowing that a greater good is always unfolding.
- I will stand for equality for all people regardless of race, religion, gender, sexual orientation or political affiliation.



## » PRAYER FOR THE WEEK «

*As I move into the stillness and turn within, I recognize that I am surrounded by the Infinite Intelligence of Love that is God. It is a love that is everywhere present, it is patient and it is kind. It does not envy, or boast and it is not proud. It always protects, always trusts, always hopes, always perseveres and never fails. I remember this day that his/her absolute love is meant for every single one of us and as I quiet my mind, as I continue to let go and allow, I lean into this knowing even deeper still. There is a wisdom that is rising and it is calling each one of us, sons and daughters, and children of the most high, to be still and know.*

*We have come here to have life and to have it abundantly and it is not meant for some of us, it is meant for all of us. I know and claim that it is time for this truth to be known now, here on earth as it is in heaven. I turn away from any idea, condition or outcome that is founded in division and separation and I trust that life is always conspiring for our greater good. I absolutely know that a healing is being revealed and I place my faith here in this Truth.*

*I accept my Divine assignment knowing that peace begins with me. I commit this day and my life to a greater understanding and to live with peace and love for all people beyond all appearances. I pray for all those in places of leadership, knowing that their purpose and agendas are founded in liberty, equality, freedom for all people and that it serves the highest and best regardless of race, religion or politics. I pray for those in pain wherever they might be. I pray that their*

*hearts would be restored, that their lives would be filled with experiences of great peace and purpose and that there will be mercy and justice for all. I continue to use my life as an example, to heal relationships, to revitalize order and purpose in all of my affairs, and to live my life with values and principles that respect everyone. I give thanks in advance for every person that stands together as we continue to explore and evolve, to make right of injustices, to be freed from bondages of every kind and to be about the business of inclusion and Oneness.*

*Thank you Spirit for your word that lives within me; for knowing that we are all One and that your kingdom of heaven lives within each one of us. There has never been such a time as this to love, honor and worship your name and, I give deep thanks for this Truth that sets me and us free. I release this prayer knowing Divine right action is already in motion and that you are returning blessings multiplied more than we could ever know. And So It Is.*

## » NEXT WEEK «

Our topic next week is "Reflecting our Hope." Do a nightly check-in and ask yourself, "Did I have at least one moment of feeling uplifted/joyful/happy and hopeful today?" If so, feel gratitude, then make a note of it and expand upon it the next day.