

UU Writers

Embracing Possibility

Personal Warm Up Prompt

Ease your way into this month's theme with one or more of these prompts. Treat them as a free association exercise. Don't try to create a full or finished piece of writing. Simply take around 5 minutes to jot down bullet point thoughts, a short poetic response, idea fragments or maybe even some images. Have fun getting your juices!

Option A: What "bend in the road" opened a new possibility for you?

Option B: (complete the sentence) "For me, possibility feels like _____."

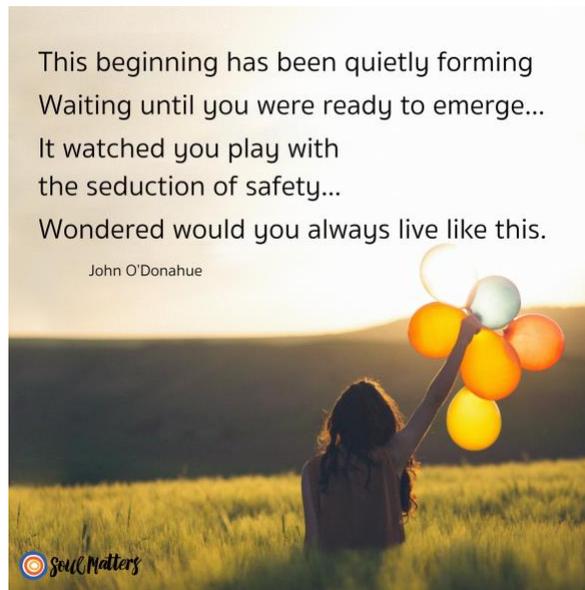
Option C: (complete the sentence) "The thing holding me back from possibility is _____"

Option C: (listen to this song and capture your response in a sentence)

The Wailin' Jennys - "Light of a Clear Blue Morning"

Found at https://www.youtube.com/watch?v=J-UK7iNjgNo&list=PLvXOKgQQVYP7_IQLSs1c_CgKlbPobu4k&index=1

*p.s. If music is your writing muse, you might want to check out our entire **Soul Matters music playlist** on Embracing Possibility, found at https://www.youtube.com/playlist?list=PLvXOKgQQVYP7_IQLSs1c_CgKlbPobu4k*



This beginning has been quietly forming
Waiting until you were ready to emerge...
It watched you play with
the seduction of safety...
Wondered would you always live like this.

John O'Donahue

 Soul Matters

Writing Project Exercises

Suggested Steps:

Step 1: Which exercise prompt is yours and why?

Spend some time reflecting on the options below. Treat it as a spiritual discernment exercise, in which you try to discern which one seems to be emotionally pulling you towards it. For those who are comfortable, you might think of it as asking, “Which exercise is my inner voice inviting me to explore?” Which one is yours and why?

Step 2: First thoughts

Write whatever comes to mind in response to the exercise you selected. Free associate using words, sentence fragments, images.

Step 3: Write your piece

Write your reflection, poem, story, song or story inspired by your writing.

Option A

Letting Go of Expectations and Embracing Possibility

As we honor our religion’s faith in what’s possible, we need to allow space for the reality that trusting possibility isn’t so easy for many of us. Letting go of societal and familial expectations can be a challenge.

So... what specifically holds you back? What fear haunts you and holds you back from leaning into possibility? Where does that fear come from? How does it feel? What metaphor captures it best? What does its voice whisper into your ear or speak during your dreams?

Or maybe you can sense a new courage growing in you? A seed of bravery nudging you to take a step toward defying that societal or familial expectation keeping you small. Where did that seed come from? Does it feel brand new or like a friend that’s been there a long time, patiently waiting for you to be ready? What’s its voice sound like? Is its call to you clear or just a faint gravitational tugging at your heart?

Option B

The Dare of the Impossible

Impossible is just a big word thrown around by small people who find it easier to live in the world they’ve been given than to explore the power they have to change it. Impossible is not a fact. It’s an opinion. Impossible is not a declaration. It’s a dare.

- Muhammad Ali

What have you accomplished that once you thought was impossible? What “impossibility” is daring you to courageously jump? When did you dare to take on the impossible? Are you among those who carefully access the cliff and gather an abundance of gear for the descent? Or are you one of those who simply leap and trust that you’ll figure it out on the way down? When did you hide behind “It’s impossible”? What might you say to a friend whose belief in the impossible has made them small? What if the word impossible is really a dare?

Option C

The Possibilities on the Other Side of Grief

Sometimes during a painful or grief-filled experience it is hard to notice the new door that was shaken open or how the pain transforms us into something larger than we were. But sometimes when we look back and revisit those moments of grief and loss in our life, we notice that seed of possibility that was planted.

So... What memory of personal loss or struggle is asking to be revisited? And how might - as the poet [Rilke](#) put it - "your great grief cry have transformed you into something larger"? How were you given new sight? What voice do you hear as you revisit that memory of grief? Who or what are you uniquely in a position to help because of the pain you now understand? How did that time of pain make you into something new?

As you reflect on this, here are some words to companion you in your way:

"I think it is healing behavior, to look at something so broken and see the possibility and wholeness in it."

[Adrienne Maree Brown](#)

"For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction."

[Heather Warman](#)

"I don't have much knowledge yet in grief, so this massive darkness makes me small. You [Divine Presence] be the master: make yourself fierce, break in: then your great transforming will happen to me, and my great grief cry will happen to you."

[Rainer Maria Rilke](#)

[Love Dogs](#), by Mawlana Jalaluddin Rumi, poetically translated by Coleman Barks

Full poem found at <https://blog.sevenponds.com/the-next-chapter/love-dogs-by-mawlana-jalaluddin-rumi>

Video reading at https://www.youtube.com/watch?v=UF4_KZfifVI

Excerpt:

"...Why did you stop praising?"

"Because I've never heard anything back."

*"This longing you express
is the return message."*

*The grief you cry out from
draws you toward union.*

*Your pure sadness that wants help
is the secret cup..."*

Option D

Waking up to the Possibility of Radical Change

“This is humanity’s wake-up call... The rapid spread of novel coronavirus has prompted government, business, and civil society to take dramatic action—canceling events large and small, restricting travel, and shutting down major segments of the economy on which nearly all of us depend. It is a demonstration of our ability, when the imperative is clear, for deep and rapid global cooperation and change at a previously unimaginable speed and scale.”

- [David Korten](#)

For many of us, the Coronavirus lifted a veil and exposed many social vulnerabilities. At the same time it revealed how radical change is possible. How are you doing living with this dual reality of deep problems and deep possibilities? What truth did pandemic time reveal for you? Was your belief in interconnection or faith in humanity reaffirmed? Weakened? Did the suffering exposed during the pandemic (virus deaths, environmental crisis, racial reckoning) break your heart open? What social problem are you now committed to in a way that you weren’t prior to the pandemic?

Blessing

Read after completing your writing projects as a way to celebrate your journey. Or read regularly while working on your project to keep you grounded and inspired.

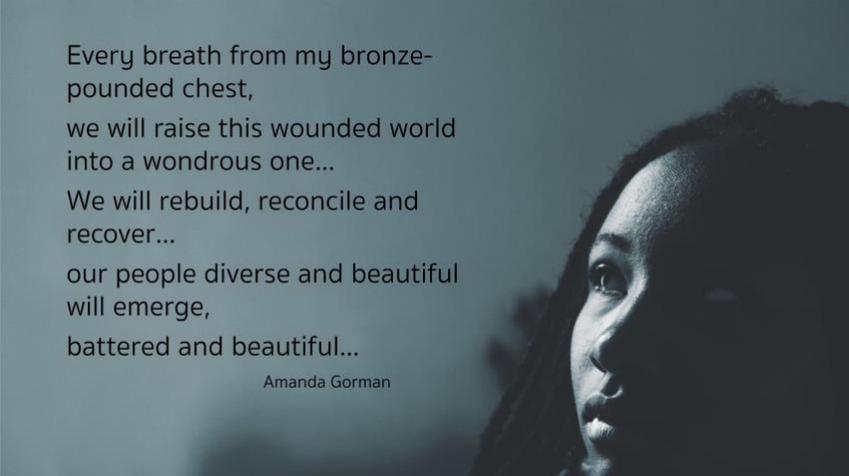
Things to Think, by [Robert Bly](#)

Full piece at <https://inspirare.blog/2010/03/14/things-to-think-by-robert-bly/>

Excerpt:

“Think in ways you’ve never thought before...

*When someone knocks on the door, think that their about
To give you something large...”*



Every breath from my bronze-
pounded chest,
we will raise this wounded world
into a wondrous one...
We will rebuild, reconcile and
recover...
our people diverse and beautiful
will emerge,
battered and beautiful...

Amanda Gorman



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