

Connecting

Connecting to deepened wisdom and deepened relationship

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2025 Apr

Caring

Chalice Lighting

Words of Lao Tzu: “From caring comes courage.”

Check In

In the last month, did you find yourself caring about something you don’t usually care about?
Did you find yourself caring less about something than you have?

Defining Moment

From dictionary.com

care (v.) **(1)**. to be concerned or solicitous; have thought or regard: *You can just tell she cares for people's feelings by the way she talks to them.* **(2)**. to be concerned or have a special preference (usually used in negative constructions): *I don't care where we go, I just want to get out of town for a bit.* **(3)**. to make provision or look out (usually followed by *for*): *Will you care for the children while I am away?* **(4)**. to have an inclination, liking, fondness, or affection (usually followed by *for*): *Would you care for dessert? I don't care for him very much.*



Self-Care 101

Maria Baratta¹

As a clinician, I often refer to self-care as a huge part of what's missing in the life of someone who's busy and stressed. So what is self-care? Self-care in essence is the mindful taking of time to pay attention to you, not in a narcissistic way, but in a way that ensures that you are being cared for by you.

And I'm often asked, what does that look like, and how do you take care of yourself in order to avoid burnout or compassion fatigue? Quitting your job or taking six months off to decompress is seldom an option for most people. What concerns me is that all too often, I see strong, successful professionals succumb to illness and get really, really sick and only then do they manage to get the much-needed break to catch their breath or slow down and change direction. I think there's a better way, and incorporating self-care every day helps to serve as an armor to protect the energy that we need in order to survive and thrive. Self-care goes a long way in managing stress and living your best life.

Here are 10 ways to exercise self-care and take better care of you.

1. Self-care means knowing who you are and your limits. Self-care means recognizing when you are doing more than you are used to handling and trying to figure out what can be done to slow down.

2. Self-care means getting the sleep you need and knowing how to rest. Are you getting enough sleep for you? Do you know how much sleep you require every day and are you sleeping at least that much? Making a serious effort to make that happen as well

as knowing how to rest your body and your mind are essential.

3. Self-care means making sure that you're well fed. Does what you eat provide the energy you need to function? Do you take time to eat meals at work and do you take time to have snacks when your body requires intermittent food during the work day? Self-care means integrating favorite healthy foods into your everyday eating routines and planning ahead to make sure you have adequate nutrition throughout your day.

4. Self-care means finding a way to decompress throughout your day, not just when you leave work. What is it you do to rest your mind during and after a work day? What helps you tune out the noise? Most people tell me they don't have the luxury of taking breaks during their work day, but trying to integrate mini breaks throughout the day helps refresh your mind and body. For example, try stretching or taking a brief walk even if it's only a few feet away, getting yourself a drink of water, talking to a friend, getting in touch with a loved one even if it's just a text, or purposely looking at photos that have special meaning. The brain needs those pauses.

5. Self-care means giving some thought to changing a difficult work situation. We know best what we need and what we can deal with. Is there anything that can be done to make your work somewhat less stressful? Think about whether changes can be made to your work environment. Are you okay with where you sit and do your work? Are you working unsustainable hours and is there some end in sight? It might be a matter of approaching a supervisor with things that you think may make your work

¹ <https://www.psychologytoday.com/us/blog/skinny-revisited/201805/self-care-101>

more pleasant, such as changing where you sit or changing whether you take an earlier lunch or later start time.

Sometimes supervisors are not even aware of the reality of what the worker experiences in a work day. A frank conversation delineating the things that are most stressful might precipitate the process of improving your working conditions. People see the world through their own lenses and supervisors have their own problems and a sometimes a simple conversation can provide the insight they needed to rethink how things are done.

6. Self-care means taking time to get to know you better. Self-care means learning to recognize your own temperament and trying to prepare for your personal limits. For example, do you have the trait of “high sensitivity”? Highly Sensitive People, or HSPs, are particularly bothered and affected by over-stimulation. Identifying your temperament and your triggers and planning accordingly might help lessen inevitable stress. That might be as simple as grabbing some almonds before a meeting that usually cuts into your lunch hour so you're not ridiculously hungry or rethinking fabulous but uncomfortable shoes.

7. Self-care means identifying what you enjoy doing and what's fun for you and make a serious effort to integrate it into your day or, at the very least, your week. Make it a habit to plan something to look forward to everyday and that doesn't have to be complicated. It can be as simple as planning to read a good book at night or planning to have dinner with someone whose company you enjoy.

8. Self-care means knowing how to decompress after a day's work. That might mean walking home from work to clear your

head, driving in silence or listening to music to help transition from work to home.

9. Self-care means feeding your spiritual self. That might take the form of meditating, praying, communing with nature by a walk in a park, observing a sunset or sunrise, attending a religious service, practicing gratitude, reading or listening to something inspirational.

10. And finally, self-care means taking time to love yourself and appreciating that there's only one you and you're the expert on that.

Q: How would you say you're doing on each of the 10 areas for self-care?

Self-Compassion

Kristin Neff²

Having compassion for oneself is really no different than having compassion for others. Derived from Latin, the term refers to how we're with (com) suffering (passion). Think about times when you've felt compassion for a close friend who was suffering. First, to experience compassion you have to actually notice that your friend is struggling or feeling badly about themselves. Second, if what you feel is compassion (rather than pity), you realize that suffering and failure are part of the shared human experience. “There but for fortune go I.” Finally, you respond to your friend with warmth, understanding, and kindness – feeling the desire to help in some way. These are the three main elements of compassion: mindfulness, common humanity, and kindness.

Self-compassion simply involves doing a U-turn and giving yourself the same compassion you'd naturally show a friend when you're struggling or feeling badly

² From self-compassion.org

about yourself. It means being supportive when you're facing a life challenge, feel inadequate, or make a mistake. Instead of just ignoring your pain with a "stiff upper lip" mentality or getting carried away by your negative thoughts and emotions, you stop to tell yourself "this is really difficult right now," how can I comfort and care for myself in this moment?

Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with your failings – after all, who ever said you were supposed to be perfect?³

You may try to change in ways that allow you to be more healthy and happy, but this is done because you care about yourself, not because you are worthless or unacceptable as you are. Perhaps most importantly, having compassion for yourself means that you honor and accept your humanness. Things will not always go the way you want them to. You will encounter frustrations, losses will occur, you will make mistakes, bump up against your limitations, fall short of your ideals. This is the human condition, a reality shared by all of us. The more you open to this reality and work with it instead of constantly fighting against it, the more you will be able to feel compassion for yourself and your fellow humans in the experience of life.

Elements of Self-Compassion.

1. Kindness. Self-compassion means being kind and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism. We're warm and supportive when confronted with the difficulties of life rather than cold or harsh.

³ I wouldn't say you're "supposed to be perfect." Rather, I say you simply *are* perfect! But "perfect" doesn't mean "mistake-free." An essential part of

We're helpful and encouraging, like a good friend, coach or mentor would be. This inner support allows us to feel safe and puts us in a better frame of mind to cope with challenges or make needed changes in our lives.

2. Common Humanity. Self-compassion is rooted in our common humanity. When we struggle or make mistakes, there's often an irrational but pervasive sense of isolation – as if "I" were the only person in the world having this painful experience. All humans suffer, however. Not the same way or the same amount, but the very definition of being "human" means being vulnerable, and having areas where you can grow and improve. When we are self-compassionate, we recognize that our suffering connects us rather than separates us from others.

3. Mindfulness. Self-compassion requires taking a balanced, mindful approach to our suffering so that we neither suppress or exaggerate it. Treating ourselves like we would a friend means we step outside our usual way of looking at things, putting our own situation into better perspective. Mindfulness allows us to turn toward our pain with acceptance of the present moment reality. It prevents us from becoming "over-identified" with difficult thoughts and feelings, so we aren't swept away by negative reactivity.

*Q. How do you practice self-compassion?
Would you say that you practice it enough?*

your perfection is that you can recognize mistakes, and you grow and learn from them. – MG

Self-Cultivation

Self-cultivation is a philosophical and personal development concept that involves deliberate and systematic efforts to improve oneself intellectually, morally, and spiritually. Rooted in various philosophical and cultural traditions, particularly in Eastern philosophies, self-cultivation is the practice of continuous personal growth and self-refinement.

Key aspects of self-cultivation include:

1. **Intellectual Development:** This involves continuously expanding one's knowledge, critical thinking skills, and understanding of the world. It includes reading, studying, learning new skills, and engaging in deep reflection and analysis.
2. **Moral and Ethical Growth:** Self-cultivation emphasized developing virtuous character traits such as compassion, integrity, wisdom, patience, and self-discipline. It's about consciously working to become a more ethical and morally refined individual.
3. **Emotional Intelligence:** Developing a deeper understanding of one's emotions, learning to manage them effectively, and cultivating empathy and emotional balance.
4. **Spiritual Practice:** This can involve meditation, contemplation, or other practices that help individuals connect with their inner selves and develop a sense of inner peace and purpose.
5. **Personal Discipline:** Establishing and maintaining habits that promote self-improvement, such as regular study, physical exercise, meditation, and self-reflection.
6. **Holistic Development:** Unlike mere self-improvement, self-cultivation views

personal growth as a comprehensive process that integrates intellectual, emotional, moral, and spiritual dimensions of human experience.

The ultimate goal of self-cultivation is not just personal achievement, but becoming a more complete, balanced, and harmonious human being who can contribute positively to society and relationships. It's a lifelong journey of learning, growth, and self-transformation.

Different philosophical and cultural traditions approach self-cultivation slightly differently. In Confucianism, for example, it's closely tied to the concept of becoming a junzi (exemplary person) who embodies virtues like benevolence, righteousness, propriety, wisdom, and trustworthiness. In Buddhist traditions, it's more focused on developing mindfulness and understanding the nature of suffering and liberation.

Q. What self-cultivation practices do you have? How is self-cultivation an aspect of care for yourself?

Caring for Others: Friendship. 8 Ways to Make and Maintain a Friendship

Michael R. Edelstein⁴

If you wish to make or maintain a friendship, consider these strategies:

1. **Be specific.** If you briefly chat with someone who has the potential to become a friend, suggest a specific time in-person or remotely to get acquainted further. Avoid leaving it at, "Let's talk again some time." Specifically asking for what you want increases the likelihood you'll get it.

⁴ <https://www.psychologytoday.com/us/blog/the-three-minute-therapist/202102/8-ways-make-and-maintain-friendship>

2. Schedule contacts regularly. At the end of each visit, schedule the next one. Even better, schedule a recurring time and day.

3. Avoid keeping score. If you've initiated all the meetings, you may conclude your new acquaintance is uninterested in continuing. Yet he or she may have a procrastination problem, a fear of rejection, or feel overloaded with obligations. It's not your job to divine what they're thinking. It's their job to determine what they want. Abolish your scorecard. Initiate a connection no matter how lopsided the score. Use the slogan, "if it's to be, it's up to me."

4. Refuse to take criticism personally. Criticism can't be bad. If the criticism is accurate it's a path to improve. If it's not, don't give it another thought. Moreover, criticism consists of someone's subjective opinion. It has no power to diminish you as a person. Taking it personally doesn't help and you may make yourself hurt or resentful.

5. Maintain a sense of humor. Almost everyone appreciates humor. If you're not spontaneously humorous, memorize one-liners. For example, Yogi Berra-isms often delight people: "Baseball is ninety percent mental. The other half is physical." Humor serves as a glue for relationships.

6. Love maps. Take an active interest in your friend's life: past, present, and future. Inquire about their career, relationships, avocations, health, passions, and outlook (philosophical, spiritual, and political). For example, ask how a planned event worked out.

7. Unconditional Other-Acceptance (UOA). Unconditional other-acceptance forms the backbone of a fulfilling relationship. View

your friends as the imperfect humans they are, never as malevolent or stupid people. Resentment, anger, and hostility poisons rewarding relationships. Strongly prefer, but never demand or expect, they treat you fairly and kindly. They may have different values, objectives, ignorances, blind spots, and irrationalities than you. This is what it means to be human. UOA doesn't imply you should be friends with people you feel incompatible with.

8. Excellent Communication skills. Learn simple ways to effectively communicate.

Q. How do you manifest caring through your friendships?

Caring for Others: A Partner. 7 Simple Ways You Can Become a Better Partner

Theresa E. DiDonato⁵

Romantic relationships are dynamic. They continuously change, reflecting circumstances, stresses, and the everyday ups and downs experienced by both partners. What happens to "me" and to "you" ultimately affects "us." The healthiest relationships have partners who routinely (if subconsciously) check in with themselves, their partner, and their relationship to see how things are going and to make changes as necessary.

How can you respond to relationship changes? A great starting place is to evaluate your own contributions to your relationship. What are you doing that helps—or hurts—your relationship happiness? How are your actions and beliefs influencing the quality of your and your partner's everyday interactions?

⁵ <https://www.psychologytoday.com/us/blog/meet-catch-and-keep/201501/7-simple-ways-you-can-become-a-better-partner>

Scientific evidence supports the idea that each partner is responsible for the health of his or her relationship. To do your part, consider these simple, empirically based changes as a guide toward a happier and healthier partnership:

Get more sleep. Taking care of yourself is a win-win for you and your relationship, and sleep is at the top of the list. Not only can sleep deprivation affect your energy, mental alertness, and mood, but it reduces glucose levels, which adversely affects self-control (Gailliot & Baumeister, 2007). And self-control plays a big role in relationship success: Those with higher self-control are more able to respond in constructive ways to their partners (Finkel & Campbell, 2001), and the more self-control couples have, the higher their relationship quality tends to be (Vohs, Finkenauer, & Baumeister, 2011).

Take action. Certain behaviors make a difference in relationship happiness. These maintenance behaviors often come naturally, but intentional efforts to engage in them could benefit relationships. Research (Stafford, 2010) underscores the power of these seven behaviors in particular in predicting relationship satisfaction, liking, love, and commitment:

- *Positivity.* Express happiness and pleasure when spending time together.
- *Understanding.* Listen, forgive, apologize, and refrain from judgment.
- *Giving assurance.* Talk about the future; remind your partner what he/she means to you.
- *Self-disclosing.* Share feelings and encourage your partner to do the same.
- *Openness.* Share what you need or want in the relationship.
- *Sharing tasks.* Equitably share responsibilities (e.g., family, household, relationship).

- *Involve networks.* Spend time with your partner's friends and family.

Express your gratitude. Feeling grateful is one thing, but telling your partner is another. Do you express your gratitude? It turns out that sharing your feelings of gratitude is linked to positive partner perceptions and a willingness to voice relationship concerns (Lambert & Fincham, 2011), which helps maintain healthy relationships.

Avoid hunger. New plans for physical health and wellness often involve diet changes (eat more veggies, etc.), but do what you can to avoid hunger. New evidence suggests that restrictive dieting can have a negative effect on relationship quality. When you're hungry, anger and aggression are more likely (Bushman, DeWall, Pond, & Hanus, 2014); in relationships, these "hangry" moments do little to promote relationship well-being.

Focus on humility. Help your relationship by keeping a check on your ego. Not only are humble people evaluated more positively as potential relationship partners, but humility seems to be an important ingredient for relationship success (Van Tongeren, Davis, & Hook, 2004). It may improve relationships through its association with forgiveness, a powerful tool for healthy relationships.

Spend quality time together. Much anecdotal evidence suggests that spending more time together increases relationship satisfaction, but only recently has research scrutinized whether time really does increase satisfaction, or whether perhaps relationship satisfaction increases time spent together. Contrary to widespread belief, long-distance relationships are no different in their relationship quality (Gulner & Swensen, 1995), despite the idea that (by definition) couples in long-distance relationships spend less time together. The results suggest we might attend more to

the quality of the time spent with our partner, rather than the quantity.

Be kind to yourself. To be the best partner you can be, start by being kind to yourself. Scientific evidence is accumulating in support of the idea that self-compassion is a wonderful foundation for a healthy partnership. Self-compassion is a habit of gentleness towards oneself during times of failure, inadequacy, and imperfection. Evidence shows that self-compassion predicts the types of behaviors that translate into healthier relationships, such as offering care and concern for a partner (Neff & Beretvas, 2013). Working on ourselves can benefit our relationships.

Hopefully, this empirically based evidence can help benefit your relationship. Note that healthy relationships reflect an ongoing effort from both partners to address the needs of “me,” “you,” and “us,” and are difficult to achieve unilaterally. That said, an everyday effort by one partner changes the relationship for the other partner, potentially influencing the other’s thoughts and behaviors. In other words, your actions do not occur in isolation; they have an influence on both your partner and your shared relationship.

Q. If you are in a relationship: which of the above factors are you doing well at? Which ones could use a little improvement? Check with your partner to see if they agree.



Caring for Others Through Congregational Life

Meredith Garmon

Membership and active participation in a faith congregation presents you with other people to care about and for. Congregational life is also a means of self-care and self-cultivation – a path of spiritual growth. There are other social groups you could be a part of, but social clubs lack the collective and individual spiritual orientation that faith congregations have. There are also ways to pursue spiritual growth that don’t involve a congregation: books, classes, videos, and spiritual counseling, but those don’t entail a community of care.

Congregational life involves **caring for each other**. Call it shared pastoral ministry: the love and care that congregation members show to other members – building friendships in church, visiting each other for social occasions and when one of us is sick. These things will naturally happen among a circle of friends, but congregational life affords the chance to have a bigger circle. Social clubs typically don’t pastorally care for their members. It’s nice to care and be cared about by people that know you well. Caring and being cared about by group members that may not (yet) know you all that well adds a rewarding layer of meaning to life.

Here are four other features that make congregational life different from other avenues of spiritual development.

1. Self-governance: involvement with committees; democratic participation in, and approval of, the budget process; deliberating about policies, procedures, bylaws; creating and leading programs. Yoga classes or sessions with a spiritually-oriented therapist don’t include giving you a role in running the institution. Being on a committee might sometimes feel like a

chore – but so does every path of growth. Spiritual community that is run by the seekers themselves offers a unique level of richness, meaning, and connection. The activities of self-governance form an inseparable and integral part of how members care for each other.

2. Group Identity and Belonging.

Belongingness in a community of care and concern is a deep human need. When “Unitarian Universalist” becomes a part of one’s identity, you are constantly aware of belonging, of who you are, and whose you are, held in a community of care.

3. Family membership. Parents and their children alike share in congregational life. The concept of family involvement in a faith institution – belonging together as a family rather than as separate individuals – is an integral feature of congregational life. You don't get that with a spiritual counselor or a yoga class.

4. Social justice action as a faith community.

You don't have to be in a congregation to work for social justice, but in congregations – particularly in Unitarian Universalist congregations – justice and spirituality are integrated. Working with fellow congregants on justice projects is an essential part of our spiritual path.

Q. Which features of congregational life have been particularly important or meaningful for you?



Caring about Social Justice.

13 Principles of Spiritual Activism

Will Keepin and Cynthia Brix, Satyana Institute

The following principles emerged from several years' work with social change leaders in Satyana's Leading with Spirit program. We offer these not as definitive truths, but rather as key learnings and guidelines that, taken together, comprise a useful framework for “**spiritual activism.**”

1. Transformation of motivation from anger/fear/despair to compassion/love/purpose. This is a vital challenge for today's social change movement. This is not to deny the noble emotion of appropriate anger or outrage in the face of social injustice. Rather, this entails a crucial shift from fighting against evil to working for love, and the long-term results are very different, even if the outer activities appear virtually identical. Action follows Being, as the Sufi saying goes. Thus “*a positive future cannot emerge from the mind of anger and despair.*” (Dalai Lama)

2. Non-attachment to outcome. This is difficult to put into practice, yet to the extent that we are attached to the results of our work, we rise and fall with our successes and failures—a sure path to burnout. Hold a clear intention, and let go of the outcome—recognizing that a larger wisdom is always operating. As Gandhi said, “*the victory is in the doing,*” not the results. Also, remain flexible in the face of changing circumstances: “*Planning is invaluable, but plans are useless.*” (Churchill)

3. Integrity is your protection. If your work has integrity, this will tend to protect you from negative energy and circumstances. You can often sidestep negative energy from others by becoming “*transparent*” to it, allowing it to pass through you with no adverse effect upon you. This is a

consciousness practice that might be called “*psychic aikido*.”

4. Integrity in means and ends. Integrity in means cultivates integrity in the fruit of one’s work. A noble goal cannot be achieved utilizing ignoble means.

5. Don’t demonize your adversaries. It makes them more defensive and less receptive to your views. People respond to arrogance with their own arrogance, creating rigid polarization. Be a perpetual learner, and constantly challenge your own views.

6. You are unique. Find and fulfill your true calling. “*It is better to tread your own path, however humbly, than that of another, however successfully.*” (*Bhagavad Gita*)

7. Love thy enemy. Or at least, have compassion for them. This is a vital challenge for our times. This does not mean indulging falsehood or corruption. It means moving from “*us/them*” thinking to “*we*” consciousness, from separation to cooperation, recognizing that we human beings are ultimately far more alike than we are different. This is challenging in situations with people whose views are radically opposed to yours. Be hard on the issues, soft on the people.

8. Your work is for the world, not for you. In doing service work, you are working for others. The full harvest of your work may not take place in your lifetime, yet your efforts now are making possible a better life for future generations. Let your fulfillment come in gratitude for being called to do this work, and from doing it with as much compassion, authenticity, fortitude, and forgiveness as you can muster.

9. Selfless service is a myth. In serving others, we serve our true selves. “*It is in giving that we receive.*” We are sustained by those we serve, just as we are blessed when

we forgive others. As Gandhi says, the practice of satyagraha (“clinging to truth”) confers a “*matchless and universal power*” upon those who practice it. Service work is enlightened self-interest, because it cultivates an expanded sense of self that includes all others.

10. Do not insulate yourself from the pain of the world. Shielding yourself from heartbreak prevents transformation. Let your heart break open, and learn to move in the world with a broken heart. As Gibran says, “*Your pain is the medicine by which the physician within heals thyself.*” When we open ourselves to the pain of the world, we become the medicine that heals the world. This is what Gandhi understood so deeply in his principles of ahimsa and satyagraha. A broken heart becomes an open heart, and genuine transformation begins.

11. What you attend to, you become. Your essence is pliable, and ultimately you become that which you most deeply focus your attention upon. You reap what you sow, so choose your actions carefully. If you constantly engage in battles, you become embattled yourself. If you constantly give love, you become love itself.

12. Rely on faith, and let go of having to figure it all out. There are larger ‘divine’ forces at work that we can trust completely without knowing their precise workings or agendas. Faith means trusting the unknown, and offering yourself as a vehicle for the intrinsic benevolence of the cosmos. “*The first step to wisdom is silence. The second is listening.*” If you genuinely ask inwardly and listen for guidance, and then follow it carefully—you are working in accord with these larger forces, and you become the instrument for their music.

13. Love creates the form. Not the other way around. The heart crosses the abyss that the mind creates, and operates at

depths unknown to the mind. Don't get trapped by "pessimism concerning human nature that is not balanced by an optimism concerning divine nature, or you will overlook the cure of grace." (Martin Luther King) Let your heart's love infuse your work and you cannot fail, though your dreams may manifest in ways different from what you imagine.

Q. Which of these principles do you most resonate with? Which ones do you find yourself wanting to resist? What difference would greater attention to these principles make in your life?



We Care A Lot

Faithyna Leonard

As the Care Bears taught us, we say we care a lot,

But is it about ourselves, or just what we've been taught?

Caring, a lesson from childhood we hold,
In systems we form, selfishly controlled.

The Golden Rule, an echo through time,
"Treat others as you want," it's been passed
as a rhyme.

But why does it center on what we need?
Should we not treat others based on *their*
creed?

If caring means to truly be aware,
It's not just about what we want to share.
It's about listening, understanding, and grace,
Meeting each soul at their unique pace.

In these times, where we turn inward to fight,
A small act of kindness can reignite light.
Extend a hand, a smile, or a glance,
Let someone know they matter—give them a
chance.

For in caring for others, we find what's true:
A world of connection, where hearts can
renew.

It's not about us, but the love we give,
In caring, we all find a way to live.

Family Page

Faithyna Leonard

At the heart of everything we do, we believe that kindness and caring are the foundations of a supportive and nurturing community. Caring means thinking about others, showing compassion, and doing little things that can make a big difference. Whether it's helping a friend in need, sharing a smile, or lending a hand, these small acts of kindness can brighten someone's day and create a ripple effect of positivity. We want to encourage our children to reflect on the importance of compassion, empathy, and helping others, and to understand that their actions, no matter how small, have the power to create meaningful change.

To help guide this reflection, we have explored some beautiful stories that highlight these themes:

- 1. Pat Zietlow Miller, *Be Kind*.** This heartfelt story follows a young girl as she learns about the power of kindness and how small acts of compassion can make a big difference in the world. Through simple yet impactful examples, the story encourages children to think about how they can be kind to others, especially in challenging situations.
- 2. Mary DiPalermo, *The Caring Me I Want to Be*.** This book focuses on self-reflection and helps children explore the kind of person they want to be in terms of caring for others. It invites them to think about the positive impact they can have and how their actions shape the world around them, encouraging a growth mindset in developing caring qualities.
- 3. Claire Llewellyn, *Why Should I Help?*** Through a series of relatable situations, this book prompts children to consider why helping others is important. It explores the joy of kindness and how helping others not only makes them feel good but strengthens relationships and builds a sense of community.
- 4. Diane Alber, *A Little Spot of Empathy*.** This book introduces empathy in a colorful and engaging way, helping young readers understand the emotions of others. Through the character of a little spot, children learn how to recognize feelings and respond with understanding and care, promoting a deeper connection with those around them.

Thank you for your continued support in raising a kind and caring generation!

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Check Out. What overall message stands out for you?

Chalice Extinguishing. Words of Corey Booker, “Caring is the key that unlocks doors and opens eyes to the needs and struggles of others.”

Connecting is produced by the First Unitarian Church of Des Moines for use in small groups. Text not otherwise attributed is by Rev. Meredith Garmon. Each month (ten months a year) explores a different theological or spiritual theme. Next issue: 2025 May: Beauty