

NAME

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DURATION

17m 27s

3 SPEAKERS

Speaker1

Speaker2

Speaker3

START OF TRANSCRIPT

[00:00:01] Speaker1

So I have not yet figured out one of the greatest conundrums many of us are facing these days. What will I do with my Twitter account? When I. Was in the process of discernment recently, which is about 5 minutes of discernment about what I'm going to do with my Twitter account. I actually took a look at what I have been doing with my Twitter account, and it turns out the last time I tweeted was in February of 2020. So it's not going to make that much difference one way or the other, depending upon my choice. What happens to my Twitter account? Truth is, I go on Twitter maybe about once or twice a week, and if I'm fortunate, I will find something that someone else whose opinion and perspective I really respect and admire has like something to point out to me that I might like it to. Such as this. For anyone that might need a smile today. Call 707 folks. Write this down. Call 7079988410. That's 7079988410. And listen to prerecorded words of encouragement from kindergartners. It's a project from a school in the Bay Area. We'd like to do that together now. Yeah. All right, here, hold on a second. I can get my phone together here.

[00:01:29]

Hi. Welcome to Pep Talk, a public art project by West Side School Bambini, a septet of Proyecto students in the West School. But on.

[00:01:40] Speaker1

This.

[00:01:41]

Cinco. Please listen to the following options for encouraging messages. If you're feeling mad, frustrated or nervous, press one. If you need words of encouragement and life advice, press two. If you need a pep talk from kindergartners, press three. If you need to hear his lessons still life press four. For encouragement in Spanish. Press five.

[00:02:05] Speaker1

I'm just going to go with. We want for.

[00:02:07]

Okay. If you're feeling mad, frustrated or nervous, press one. You're saying that you should take three deep breaths and think of things that make you happy? Singing makes me happy. He is one. And then I think of happy things will happen in the future, like going to a friend's house or passing test by. If you could just take 5 minutes off. If you're frustrated, you can always go.

[00:02:45] Speaker1

To your bedroom.

[00:02:46]

Punch a pillow, or to cry on it and just go stand outside. If you're nervous, go get your wallet and spend it on ice cream and shoes. Frustrated. You can do what you want to do best. Or you can.

[00:03:08] Speaker1

Do flips from.

[00:03:09]

A trampoline. If you feel mad. Please just do something that you like. Do something inspired you. Do something. To make him feel better. She just said or angry. Go get a cookie.

[00:03:31] Speaker1

Of moody or an ice cream. There are other categories. There are other categories and I encourage you to go back. 7079988410. So beyond the cuteness of that and it is abundantly cute, I actually find it to be something of a little psycho spiritual break, especially when I'm all wrapped up in my own head and in my own thoughts. A little bit of encouragement to kind of shift my perspective on things. Here's the other thing I love about that. Until you do it a bunch of times, you never quite know what you're going to get. You never quite know the encouragement, the words of wisdom, the joy that you'll receive. When you call up.

[00:04:34] Speaker2

And you hear those words from those kindergartners.

[00:04:37] Speaker1

That's what I want to talk about today. Starting a new message series lasts this next month. It's called starting small. About beginning. Anything. It could be a new spiritual community, which I'm going to talk about just a little bit. It could be a new relationship. It could be a new job, could be a new time of planting seeds. Starting small. Even when. We may not know what's going to happen. What the result will be, what the yield will be. Truth is, when we look at most of the big things in our lives and by big, I'm not talking large, I'm talking significant. Almost all of those things started small. Including our very selves. An opportunity to start small. Is an opportunity to actually do what Rodney talked about. To have an intention to show up in our lives. And to be able to take opportunities as they arise, not by accident, but because they show up and because we have done what we could do to prepare ourselves before the.

[00:06:08] Speaker2

Opportunity arises.

[00:06:10] Speaker1

That we never knew was coming. Starting small also has a particular. Relevance and resonance for me. This is the second to last message that I will offer you as your founding minister. I guess I could try and do the math and count how many it has been, but it's been hundreds and.

[00:06:40] Speaker2

Hundreds over the years.

[00:06:44] Speaker1

I'm at a point now of winding down. Of thinking in bookends. What was here in the beginning and what's here now for me. What's starting and what's ending. And what continues, as I talked about at Easter. Wellsprings had a plan.

[00:07:09] Speaker2

To start very, very small.

[00:07:14] Speaker1

And intentionally so. For the first year and a half of our life before there were any seedlings that you could see breaking the surface.

[00:07:27] Speaker2

We chose to have our growth.

[00:07:28] Speaker1

Happen in the quiet.

[00:07:31] Speaker2

And in the dark.

[00:07:34] Speaker1

Down in the places that maybe could not be seen immediately. But in time would yield benefit and fruit. Chris Chappelle is here today and was one of the planting team members.

[00:07:49] Speaker2

That was our word.

[00:07:50] Speaker1

That we use to describe herself, the planting team. We knew that we were putting seeds into the ground, that we could not tell yet what they would yield many years later. 17 months. We were at it, right, Chris? Yeah. Before there was anything. And trust me, people were getting a little impatient by the time the 17 months were up. When are you going to be real? When are you going to do something? I said, you got to plant first before there starts to be a yield.

[00:08:20] Speaker2

And a harvest.

[00:08:23] Speaker1

We did a lot of things right here at WellSprings, especially in those early years and of course.

[00:08:29] Speaker2

Over the years since.

[00:08:31] Speaker1

And I think one of the best things we.

[00:08:32] Speaker2

Did was taking our time early on.

[00:08:35] Speaker1

And Chris is actually going to preach next week and she's going to kind of handing off the baton here to you, Chris. Imaginary baton. Gotcha. Got it. Got it. Good. All right. She's going to talk more about what that.

[00:08:46] Speaker2

Process was like.

[00:08:49] Speaker1

What I can say is that the planting team was an experience of faith. Of not knowing the ten other people very much. And they didn't know much about me. That we gathered to create the very foundation and beginnings of WellSprings. We were kind of a mystery.

[00:09:11] Speaker2

To each other.

[00:09:14] Speaker1

And in that mystery, there was joy. There was excitement. There was adventure. And there was a life force and form being built that we could not predict or control.

[00:09:30] Speaker2

And that was beautiful.

[00:09:33] Speaker1

And it still is. The experience we're going to invite you all into in just a few moments. Here is a chance to work with a bunch of mystery seats. Eventually you will find out what those seeds contain. But we're intentionally not telling you what they are right now. Be a little bit better to have a surprise, do you think? Yeah. Maybe some of you like, man. No, I want to know what we're getting right now. Those of us who like a certain amount of control in our lives. What? You're going to want some these seats, probably a little water, too. We're going to give you the dirt in the seats. Soil, not dirt. Excuse me. I was about to say, for those of us who have some control issues. This is even better.

[00:10:28] Speaker2

Spiritual practice for you.

[00:10:31] Speaker1

By the way, once your seedlings sprout. We know what those seeds will look like and you can get back in touch with us and say, what exactly is this that I have grown? And we will let you know. Truth is, these seeds that you'll see in just a moment were so tiny. That we were afraid they would blow away. And so Carol Breslin did such an amazing job putting together today's service with me. Put them into little biodegradable packets that you will plant in the soil. And nurture.

[00:11:10] Speaker2

Until they start to grow.

[00:11:12] Speaker1

So I'd love to say hold the seeds in your hand, but if you do, they will blow away. So just hold the packet in your hand before you bury it in the soil to maybe just set an intention. Oh, you can open it up. Is that right? Did you hear that? All right. Well, here's a good news. You're going to have one of these. At your station. So today was about surprises. I didn't say I knew what I was doing. I'm going to ask you to read this first. As a way to set your intention. As a way to prepare.

[00:11:57] Speaker2

Your seeds for growth.

[00:12:00] Speaker1

There is no guarantee that all your seeds will grow. You put that next slide. This is my own garden. For me, this is like Christmas and New Year's Day and Rosh Hashanah and all those great beginning times. The day when I can see for the first time every spring that my seedlings have started.

[00:12:27] Speaker2

To grow and break the surface.

[00:12:31] Speaker1

My dad was publisher of Organic Gardening magazine for many years. I grew up around gardens and then I didn't garden for decades. And then the last decade I've started to do it every single year.

[00:12:44] Speaker2

And it is a joy.

[00:12:46] Speaker1

He's great seeds, he's great soil monitoring for whether I can need to add a little bit more compost or water or not as much. But I got to tell you, I'm not always the most conscientious gardener. Sometimes I want to mix it up and put a whole bunch of seeds in one row and have no idea what comes up until they start to show themselves. It's my own.

[00:13:14] Speaker2

Opportunity to practice.

[00:13:15] Speaker1

Letting go a little bit. What I do before I put those seeds in the ground every spring. As I take an opportunity.

[00:13:23] Speaker2

Like the garden song says, to bless them.

[00:13:26] Speaker1

I actually spend a little time not sound odd, but after a few years of this kind of really makes sense to me. I do hold those seeds in my hand. And I remember that it is of.

[00:13:39] Speaker2

Their nature to grow.

[00:13:42] Speaker1

That they may not all grow. And if too many of them grow, I'm going to have to start thinning them. But it is of their.

[00:13:51] Speaker2

Nature to grow. I just have to try to provide the support.

[00:13:57] Speaker1

That I can. As best as I can. So in a moment before you go to your stations. Before you get involved in the mechanics of planting, which, by the way, will not take that long. Hold those seeds. In your palm. Recognize your intentions for them. Offer them some words of encouragement. Let them know that you'll be seeing them in just a little bit. And that you will.

[00:14:30] Speaker2

Offer the support.

[00:14:33] Speaker1

That they need to grow. And remember that just as it is the nature of seeds to grow. So it is.

[00:14:41] Speaker2

The nature of each and every one of our lives. We just have to provide the support needed.

[00:14:51] Speaker1

So I'm going to ask you to find your place seated around the periphery. Go ahead. Some people bring your chairs. You're not going to have to return to your chairs where you're seated right now.

[00:15:09] Speaker3

The following is a message from WellSprings congregation.

[00:15:16] Speaker1

So now that just about all of us and all of you have kind of planted your seeds, I'm going to ask you to do something when I ask you to take that little cup and place it into your palm. I'm going to ask you to bring your full and focused attention. Really gaze at it. Recognize what is planted there. And this will be our.

[00:15:46] Speaker2

Closing prayer today.

[00:15:52] Speaker1

Spirit. May we recognize that if we live aligned with this life. There is, in fact, so much opportunity for growth.

[00:16:05] Speaker2

For flourishing.

[00:16:08] Speaker1

That the elements are here for all of us, if we can recognize that they are, in fact, for all of us. Bless you. We recognize that this day, what we've done is something that we can do every day. Today it is with seeds. Tomorrow it may be with a relationship. It may be in a workplace, it may be in our families that every day we can be planting. Seeds of greater love and justice and belonging. And that what they may yield in time, we cannot know now. But here today there is hope.

[00:16:59] Speaker2

Here today. There is the promise of growth. May we honor that capacity.

[00:17:07] Speaker1

Within these seeds.

[00:17:09] Speaker2

And within each and every one of us.

[00:17:13] Speaker1

Amen.

[00:17:15] Speaker3

If you enjoyed this message and would like to support the mission of WellSprings, go to our web site WellSprings uua org. That's WellSprings the letters u u dot org.

END OF TRANSCRIPT



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