

## For Further Exploration

### Books

- *The Fifth Sacred Thing*, by Starhawk
- *Active Hope: How to Face the Mess We're In Without Going Crazy*, by Joanna Macy & Chris Johnstone

### Movies

- *Rudy* (PG), 1993
- *The Hundred Foot Journey* (PG), 2014
- *Mr. Smith Goes to Washington* (1939)

### Videos

- "Imagine a World Without Hate", by the Anti-Defamation League: <http://www.youtube.com/watch?v=3KwvIMJefR4>

### Children's Books

- *The Hello, Good-bye Window*, by Norton Juster
- *When I Grow Up, I Will Win the Nobel Peace Prize*, by Isabel Pin
- *The Real Hole*, by Beverly Cleary
- *The Three Questions*, based on a story by Leo Tolstoy, by Jon J. Muth

# October Theme

## Future: The Practice of Visioning

September 2016

"Visioning follows the pathways of the heart, which are neither linear, practical, nor predictable. Rather they meander through the field of dreams and turn up the most wonderful surprises. In this case, the shortest distance and most effortless path between two points is not a straight line." ~ Lucia Capacchione

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." ~ Carl Jung

"If you don't have a vision, then your reality will always be determined by other people's perceptions." ~ Unknown

"Where there is no vision, there is no hope." ~ George Washington Carver

"Vision is the art of seeing what is invisible to others." ~ Jonathan Swift

"Years ago, I took a class on pastoral care. The teacher suggested a method for us ministers to use with people who come to us for counseling. She suggested that we think of our life as a story, and that we write the next chapter of our story. Use your imagination

to think of the characters, the scene, and the plot. What happens in that chapter? How does it advance the story? I have suggested this method to people contemplating divorce, thinking about moving or changing jobs, and for other life

"It is a terrible thing to see and have no vision." ~ Helen Keller  
"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world." ~ Joel A. Barker

"Imagination is the beginning of creation." ~ George Bernard Shaw

"When I use my strength in the service of my vision, it becomes less and less important whether I am afraid." ~ Audre Lorde



events. Maybe—probably—the next chapter of your life won't turn out exactly how you write it. But the engagement of imagination to think about what we want to happen can clarify, provoke, and comfort us." ~ UU Minister

## A Vision for Your Future



As the Irish playwright George Bernard Shaw said: “Life isn’t about finding yourself. Life is about creating yourself.” Truly, life is a creation — a gift we can build and shape and alter as we please. But as we busily create, do we have a clear vision of the masterpiece we’re molding? Can we see the finished product in our mind’s eye? Or are we halfheartedly adding pieces to the puzzle day by day, hoping some might be the right fit?

The majority of us take life as it comes. More focused on approaching events and current situations, we often don’t think in the long term. And that’s understandable, because the present affects us now. But broadening our vision leads to *totality* of being. Think of cooking a meal. Before you even begin, you have an understanding of your final result. You know what you’re making, what ingredients to add, in what order, and the cooking time. If you were to cook without knowing these steps, you would end up with anything but a good meal. Similarly, if you try to create the life you want without knowing what steps to take, you’ll live constantly short of your dreams.

The word vision comes from the Latin *visionem*, meaning wisdom. Having a vision is having the wisdom to see past certain events in expectation of a greater outcome. Growing up in Communist Romania, I dreamed of coming to America with a tenacity and fervor which might scare most people. My personal ambition had been conceived from a very young age. And I remained loyal to my aim through the years, allowing it to guide me through the necessary steps to help it come true. I sewed my vision to the very fibers of my being, so that it became inseparable from who I was. On my own journey, I realized that all visions become reality as a result of three factors: **creativity, perseverance, and actions.**

The word vision comes from the Latin *visionem*, meaning wisdom.

Our personal vision begins to manifest once we learn how to use our three eyes: the two eyes with which we see the physical world, and our mind’s eye which allows us to project far beyond *now*. Our mind’s eye is an omnipotent and omniscient tool. Our two eyes may see the new house we’re thinking of buying, for example, but our mind’s eye sees a home for many years, a growing family, and the chance for a great investment. We must fashion our visions from the threadwork of our own needs, abilities, and expanding opportunities — from the reality we see blended with the reality we wish to see.

Creating a broader vision is the first step to manifesting your ideal life. Put into action these steps to help pave the road for tomorrow and further beyond: Create a bigger version of yourself. Write down your objectives. Plan a strategy and timeline. Check your emotions. Take the first step. Envision your outcome along the way. See the bigger reason behind setbacks. Ask for help. Pay attention to the people you meet along the way. Never, ever give up. Celebrate your achievements. Never repeat old mistakes.

~ Dr. Carmen Harra’s — full article available at [http://www.huffingtonpost.com/dr-carmen-harra/future\\_b\\_4493573.html](http://www.huffingtonpost.com/dr-carmen-harra/future_b_4493573.html)

## Kids' Corner

People have probably asked you what you want to be or do when you grow up. What is your answer to that question? Draw a picture here.

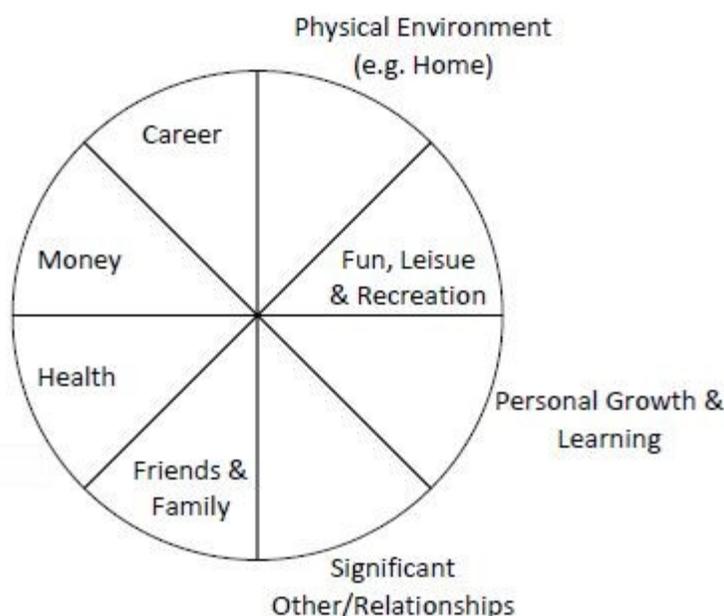
Now think beyond a job. What do you envision for yourself? Picture yourself as a young adult. Where are you living? What are you doing? Who are your friends? What do you do when you're not at work? What things are important to you? Who and what do you care about? Are you part of a church? Think about as many details as you can. Write your ideas below. It's fun to let your imagination loose, envisioning what your future might hold! Try it again every year and see how your vision has changed!



Happy Halloween, and Feliz Dia de los Muertos!

## Personal Reflection

### The Wheel of Life



Adapted from [www.thecoachingtoolscompany.com](http://www.thecoachingtoolscompany.com).

The 8 sections of the wheel represent balance.

1. Change, split, or rename any category so that it's meaningful and represents a balanced life for you.
2. Taking the center of the wheel as 0, and the outer edge as 10, rank your level of satisfaction with each area out of 10 by drawing a straight or curved line to create a new outer edge.
3. The new perimeter of the circle represents your 'Wheel of Life'. Is it a bumpy ride?

Use this to help you create a vision for your life that would bring more balance between the areas you identified.

## Justice Corner

**The election is only one month away!**

**Live out your faith** by encouraging others, who may have been disenfranchised and disempowered by our systems, to exercise their **right of conscience and use of the democratic process** by getting out to vote on November 8!

Here's a way you can do that from your Faith in the Valley UUCF co-chairs, Ellis Vance, Maraika Kuipers, and Marilyn Erb:

**Our goal is to increase the voter turnout in Fresno by 70+% or 80+% in November.** We believe that phone calls to infrequent voters can make a huge difference. Remember, our combined efforts increased the June voter turnout by 40+% in Primary voting!!

**We will meet on the UU Fresno campus starting every Wednesday night until the election, from 5:00-8:00 pm, to phone bank.** Andy Levine from Faith in the Valley will be with us to help give pointers on how to effectively engage people. You may not be able to come every Wednesday, but we hope there will be a nucleus of 10-20 UU folks there each time. We will gratefully take your help as many times as you can make it. Snacks will be provided, so bring your cell phone and join us in this important endeavor to get out the vote!

**We can make a difference!**

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