

UU Casper
Morning With TED – The Science and Power of Hope
Dual Service
November 26, 2023

9:50 am

Jayne: Prelude music 10 minute

RING CHIME

1 **Cindy: Welcome/Introductions, children** [stay/to RE #413 *Go Now in Peace*]

“Good morning! I am Cindy Wright, this morning’s service leader. Welcome to the Unitarian Universalist Community of Casper. The purpose of this spiritual community is to foster individual spiritual growth, ethical living, inclusive fellowship and engagement with other faith traditions.”

“No matter our age, your size, the color of your hair or skin – you are welcome here!

Whether you walked, drove, rolled, or were carried – you are welcome!

No matter how you speak, whatever your abilities, where you live or how you make your living – you are welcome!

No matter whom you love; whether you come with joy or tears in your heart --

Welcome to all who come with an open mind, willing hands, and a loving heart!”

Guests: “If you are a guest – or visiting -- this morning, welcome! We invite you to fill out one of our visitor cards, which you’ll find on the cabinet by the door. We look forward to getting to know you and hope you will stay after the service for refreshments and conversation.”

2 **Cindy: Housekeeping Items**

- Please check that your cell phone is muted.
- Exits
- Bathrooms
- Tea, Coffee & snacks

Announcements

- Upcoming events, groups, and services can be found in your OOS, on our website, and in the weekly newsletter.
- PWR Assembly: April 19 - 20, 2024
- General Assembly: June 20 - 23, 2024
- UU Family Campout: August 16 - 18, 2024
- Upcoming Sunday services:
 - Dec 3. Theme: Creativity, Arts, & Music
 - Dec 10. Human Rights Day

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- Community Night - Future of the Social Justice Group: Tue., Nov. 28, 6 pm - 8 pm
- No Apologies For The Ologies Party: Fri., Dec. 1, 7 pm - 10 pm
- Book Club Discussion: Sat., Dec. 2, 10:30 am - 12 pm
- Eclectic Meditation Group Sat., Dec. 2, 7 pm - 8 pm
- Board of Trustees Meeting: Sun., Dec. 3, 12 pm
- Does anybody else, in the sanctuary or Zoom, have other announcements, for the good of the community?

3 **Cindy: Chalice Lighting** - Quote from *The Little Prince* by Antoine de Saint-Exupéry
“And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye.”

4 **Land Acknowledgement**

A Land Acknowledgement is a formal statement that recognizes and respects Indigenous Peoples as traditional stewards of this land and the enduring relationship that exists between Indigenous Peoples and their traditional territories.

I would like to signal with this statement an openness to developing respectful relationships with local indigenous culture and people. Part of UU Casper’s mission is to engage with other faith traditions. Unitarian Universalism’s sixth source, the spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature, was adopted by the UUA in 1995. Perhaps, getting in touch with what remains from the indigenous culture in this region could help us to develop a closer relationship with our high-plains home here on the geologic cross-roads between the Wind River Basin and the Powder River Basin. I would also like to acknowledge the historical erasure of indigenous people, who are still very present. Many of us grew up with history classes that treated our indigenous people as if they were an extinct artifact of the past. An initiative called *Reclaiming Native Truth* involved 28 focus groups in 11 states, and surveyed over 13,000 people. Their 2018 report revealed that 40% of respondents didn’t think Native Americans still existed.

From Natrona County’s website:

Wyoming’s plains are the historical home to many nomadic tribes including the Cheyenne, Arapaho, Shoshone and Sioux. Today, about 6,000 Shoshone and Arapaho continue to reside on the Wind River Reservation, northwest of here.

I didn’t find any data about indigenous people living in Wyoming, off of the reservation. May this statement not rest as an empty box-ticking exercise, but rather be part of a signal of invitation that can be received by people in our community and neighboring communities.

UU Casper
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5 Jayne: Opening Song #108 *My Life Flows On in Endless Song*
Please rise in body or spirit...

6 Cindy: *Unison Covenant

Love is the spirit of this church and service its cause.
This is our great covenant: to dwell together in peace,
to seek truth in love, and to help one another.

James Vila Blake (adapted)

7 Cindy: Joys and Concerns

“The spirit of love is with us: it comforts us and connects us. If you have a joy or a concern this morning, you are invited to come forward and light a candle and share with our community. If you prefer, you may write your joy or concern on one of the prayer cards from the basket as it is passed around, and then place your card in the box at the Altar of Hope. Altar of Hope cards will be burned in the next burning ceremony as a symbolic joining with universal healing energies. All offerings are private and treated with reverence and respect.”

8 Cindy: Sharing the fruits of our labor and good fortune

We are so blessed to be a free religious community that is entirely self-governed and supported financially by the voluntary generosity of our members and friends. You are now invited to participate in the blessing of giving to this free religious community, as we Share the Fruits of our labor and good fortune.”

After baskets are collected: “We give thanks for these gifts and dedicate them to continue the good works of this Unitarian Universalist Community of Casper.”

9 Introduce TED Talk

In 2019 and 2020 we had a program called Lunch With TED. One purpose of the program was to bring in more science-based content and discussion. The covenant for that group was as follows:

We value diversity and inclusion, learning, community and each other individually. Therefore:

We shall honor the diversity of thought and feeling among us,

We shall allow space for everyone who wishes to speak

We shall be attentive listeners and not interrupt each other

We shall keep comments brief and on point

We shall comply with time limits and be gracious to time keepers

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Dual Service
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We shall approach topics/discussions with curiosity

We shall not judge others by what they say.

And the Disclaimer: Some TED Talk topics and ideas may be controversial or reflect biases of the speaker. UU Casper does not necessarily endorse the topics, ideas and attitudes expressed in the TED Talk, which serves as a starting point for learning and discussion.

Today we will forego time keeping.

Chan Hellman is the founding Director of The Hope Research Center at University of Oklahoma. Chan has published over 80 research studies, and his research is focused on hope as a psychological strength for children, adults, and families experiencing trauma and adversity.

Could we please turn down the lights while we watch the video?

10 [Screen share]: **TED Talk** *The Science and Power of Hope* by Chan Hellman
https://www.ted.com/talks/chan_hellman_the_science_and_power_of_hope

11 **Cindy: Discussion**

Mr. Hellman ends his talk by saying that we need to be more intentional about our social connections. These questions about how we can be more intentional in nurturing and restoring hope within each other.

- How can we help each other develop goals?
- How can we help each other find pathways we might otherwise not have considered?
- How do we manifest enough willpower to travel those pathways?
- Do we sometimes need other types of power?

If there is time, we might dig deeper with an example.

- We are approaching some holidays in December that often feel like adversity for many of us. Do any of you have avoidant goals about the winter holidays? If so, would you like to elaborate?
- How can those goals be reframed into achievement goals?
- What are some achievable pathways toward those goals?
- Are there any other ways we can support one another and foster hope?

12 **Jayne: *Closing Song:** #118 *This Little Light of Mine* *Please rise in body or spirit...

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13 Cindy: Closing Words: *Verse 63, Tao Te Ching* by Lao Tzu

Act without acting
Work without working
Understand without understanding
Great or small many or few
Repay each wrong with virtue
Plan for the hard while it's easy
Deal with the great while it's small
The world's hardest task begins easy
The world's greatest goal begins small
Sages therefore never act great
They thus achieve great goals
Who quickly agrees is seldom trusted
Who thinks things easy finds them hard
Sages therefore think everything hard
And thus find nothing hard

14 Cindy: Extinguish the Chalice

Thank you to Jayne for the music, to [Names] for helping with the service, and to [Names] for helping with A/V and the Zoom room.

After the postlude, you are invited for tea and coffee and snacks.

15 Jayne: Postlude

16 Tech Team: Set up for Zoom folks to participate in Coffee ½ Hour