

Let us settle into a time for reflection.

You have heard two stories of Unitarian Universalists who chose to speak up for justice despite their fears and hesitations.

Consider which one of these stories spoke to you. Or perhaps these stories reminded you of another inspiring person who had the courage to speak up. Pick one for your reflection.

Sit for a minute for with this person and their story.

Where do you feel this story in your body? Is your heart open, does your brain resonate? Do you feel heavy, or light, or energized?

What gives power to this story?

How does this story inspire you?

They used their voice to name injustice.

What are you called to give voice to?

Take another moment to consider this and when you are ready write a word on the bottom of your stone that reflects what you are called to give voice to.