

DEFINITION

the refusal to accept or comply with something; the attempt to prevent something by action or argument.

From the Latin verb *resistere*, “to hold back.”

SYNONYMS: defiance, refusal, struggle, obstruction, opposition

Taking It Home:

Activity: Join the Conversation at JUC About Moving the Needle for Justice

On January 30th & February 13th from 9:30-11:00am we'll have a pair of conversations with Patty Lawless, Lead Statewide Organizer with Together Colorado about how JUC can use community organizing to address root causes of injustice in our community.

Your assignment: Show up on both days and see if our work through Just Neighboring is a way you can resist injustice right here.

Books:

All the Light We Cannot See: by Anthony Doerr

Article:

Civil Disobedience: by Henry David Thoreau
<http://tinyurl.com/jgt66j6>

Video:

Milk: The Harvey Milk Story-
http://www.imdb.com/title/tt1013753/?ref_=fn_al_tt_1

These materials are part of the small group ministry program at Jefferson Unitarian Church. For more information on using them, or to set up your small group, please contact Rev. Eric Banner.

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Jefferson Unitarian Church January 2016 Small Group Session: Resistance 2.0

**Opening/
Chalice
Lighting:** As we come together,
I go into myself.
I dig into myself for a deep answer.
I have patience with everything that remains
unsolved in my heart, and I live the question.
What is required of us is that we love the difficult
and learn to deal with it.
In the difficult are the friendly forces, the hands
that work on us.
It is clear that we must embrace the struggle.
Right in the difficult we must have our joys, our
happiness, our dreams.
We create this space to go into ourselves and see
how deep the place is from which our
lives flow. **(RM Rilke, adapted by Scott Rudolf)**

Check In: Up to 2 minutes per person to share what they
bring with them since the last time the group met

Reading: My story is far from being finished.
Hope is very much alive.
It's alive in all of us.
Sometimes it gets hard to hear, but it's always
there.
Always whispering. - **Anonymous**

**Resting in
the
Silence:** Take 2 minutes to just sit. If your group is up to it,
go longer, as long as you let people know how
long the silence will be.

**Questions
and
Quotes
From The
Common
Bowl:** Share the quotes and questions for today's
session in the way that is customary in your small
group. You can pass the sheet, you can select
them randomly from a bowl after having cut them
into individual pieces. Or whatever works well for
your small group.

**Sharing/
Deep
Listening:** Allow each person up to five minutes to share
what has come up for them about today's topic. If
someone does not use the full five minutes, make
sure you count to ten full breaths before moving
on to the next person, in case the speaker is not
truly finished.

**A Second
Share:** If time allows, you may have a brief second share
from those who have found they have more to
say, keeping in mind your commitment to going
no longer than ninety minutes.

**Closing
Reading:** Our lives begin to end the day we become silent
about things that matter. -- **Martin Luther King,
Jr.**

**Extinguish
the
Chalice:** Join hands and say the following together:
**May we go into the week ahead STAYING
STRONG; LOVING ENDLESSLY; and
CHANGING LIVES.** And then, extinguish your
chalice until you meet again.

“Start Close In” by David Whyte

START CLOSE IN

Start close in,
don't take the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.
Start with
the ground
you know,
the pale ground
beneath your feet,
your own
way of starting
the conversation.
Start with your own
question,
give up on other
people's questions,
don't let them
smother something
simple.
To find
another's voice,
follow
your own voice,
wait until
that voice
becomes a
private ear

listening
to another.
Start right now
take a small step
you can call your own
don't follow
someone else's
heroics, be humble
and focused,
start close in,
don't mistake
that other
for your own.
Start close in,
don't take
the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.

“O Nobly Born, O you of glorious origins, remember your radiant true nature, the essence of mind. Trust it. Return to it. It is home.” -Tibetan Book of the Dead

Are you feeling Nobly Born? Like you are of glorious origin? And you are connected to your own radiant true nature?

There is, I think, a thought that goes something like—resistance is the same as not liking something. Similarly, it is more than mere opposition—a vote registered against something or someone not favored. – Wendy Williams

Sometimes resistance does not serve life and growth. [Because] Resistance is the way we maintain the status quo. We dig in our heels and resist the pressures to change and adapt. We may find ourselves resisting a new idea because it takes energy to change and adapt. The great benefit of having habits is that our habits can carry us along almost effortlessly. - Meredith Garmon

Sometimes resistance does serve life, growth, and justice. Resistance is the way we change the status quo. We stand up to resist what is unjust. Here the challenge is not to let go of resistance, but to let go of complacency in order to embrace resistance to unfair social practices. Failure to resist injustice is also function of habit, of our needs to protect ourselves and conserve our energies. - Meredith Garmon

Resistance, to be a person open to resistance, requires discernment, commitment and action. There is an invitation to self-examination: Where in me is there resistance? In what ways, is my no in service of the status quo, playing it safe, ignoring or overriding a larger more effortful yes?

Where in me is resistance that is about changing the status quo? Where is the no in me, cloaked in fury, but birthed by a love of life, people, justice and a better vision?

We can tend to judge resistance as something good or bad. A quality we should have more or less of. It is yet another yard stick against which to judge ourselves and then, when we find ourselves lacking, use that stick to beat ourselves. – Wendy Williams

Who of us ever accomplishes a New Year’s resolution without help? Without someone holding us accountable or cheering us on?

It is one thing to be told, “Resist!” It is quite another to be told, “Resist together!” But often what we need most is simply to be reminded that we don’t have to resist alone.” – Wendy Williams

There are, of course, many Things to resist, Culture, Inner demons, Evil, Self-doubt, Political oppression, Societal barriers. And of course, they are all huge. And we wonder, what’s the use? Or what can I do? Or why bother?