

# UFWC LIFESPAN RE BINGO

## WINTER 2021

Join us for some spiritual growth at your own pace! New cards each quarter. Fill in all the squares with a color and/or a date and return them to [johannahharper@gmail.com](mailto:johannahharper@gmail.com) by 4/15/2021 for a chance to win a prize! If you need a paper copy, check the blue bin at the fellowship.

YOUR NAME: \_\_\_\_\_ DATE COMPLETED: \_\_\_\_\_

1	2	3	4	5
6	7	8	9	10
11	12	BONUS SQUARE!	13	14
15	16	17	18	19
20	21	22	23	24

## RECOMMENDED RESOURCES:

1. Lectio Divina Stillness: Pick a poem from [here](#). For your 1<sup>st</sup> reading, focus on FEELINGS. For your 2<sup>nd</sup>, focus on MEMORY. For your 3<sup>rd</sup>, focus on WISDOM and GUIDANCE. **shorturl.at/blqQT**
2. Read the epitaph "[Set in Stone](#)". Write your eulogy. **shorturl.at/dvyBQ**
3. Find stillness in gratitude. Read Carrie Newcomer's "[Three Gratitudes](#)". Pick three things you're grateful for. **shorturl.at/cxHM5**
4. Short video: [How does Art Therapy heal the soul?](#) **shorturl.at/vFLO8**
5. Sit, fully present, with a loved one (a person, a pet, a photo, a Zoom call).
6. Re-write a poem. Read [this example](#), then pick a poem and try it. **shorturl.at/cesM2**
7. Read the UU's [8<sup>th</sup> Principle](#). How can you integrate this in your life? **shorturl.at/nAO24**
8. Look at Shel Silverstein's "[Listen to the MUSTN'TS](#)". Sit with it, then write down one of the mustn'ts, don'ts, or shouldn'ts that you've integrated into yourself. Think about what would happen if you did away with it. **shorturl.at/hAHT5**
9. Watch a PSA on [Watch Night](#). **shorturl.at/qIMRW**
10. [Another World is Possible](#). **shorturl.at/bgkzO**
11. "[My Life Changed When I started Making Space for Stillness](#)" – video. **shorturl.at/wDGI4**
12. Video on [Taking Imagination Seriously](#) – Janet Echelman. **shorturl.at/dwQW6**
13. Participate in a community action on racism – attend a meeting, read a book, etc.
14. A [short film on elementary school students](#) learning to use mindfulness to navigate their feelings. **shorturl.at/lnsF3**
15. [The Psychology of your Future Self](#). Dan Gilbert's TED talk. **shorturl.at/ewyAG**
16. An article on [Why We All Need Quiet Days](#). **shorturl.at/jHJZ9**
17. A video by Roman Krznaric on [The Good Ancestor – The Legacies we Leave](#). **shorturl.at/oBUZ6**
18. Look: [The most calming works of art in the world](#). **shorturl.at/hoS38**
19. An [article on the joys of loitering](#), by Ross Gay. **shorturl.at/muLO8**
20. Do some [guided meditation](#). **shorturl.at/bnCH4**
21. A [review of the documentary "Sleep"](#) on Max Richter's sleep aid. **shorturl.at/swFUX** You can also listen to the song by Max Richter: [Mercy](#). **shorturl.at/hjqyL**
22. Watch a 60-second documentary on [Unfinished Portraits](#). **shorturl.at/gCH13**
23. A TED talk on the [neuroscience of imagination](#). **shorturl.at/cyAHZ**
24. Take some time to check out [things that look like other things](#). **shorturl.at/mzKY9**

Suggestions for your BONUS SQUARE, or write in your own:

- Read a book! Think of one that inspired you as a child, that formed your imagination into what it is. Revisit it now.
- Read a book!: [Quiet Mind](#), by Susan Piver, S. Salzberg, S. Mipham, T. Thondup, and L. Rosenberg; or [How to Do Nothing: Resisting the Attention Economy](#) by Jenny Odell.
- Watch a movie on community. Options: And Breathe Normally, Selma, The Hate U Give, 12 Years a Slave, Thirteenth, Crash, Moonlight. What message of challenge or invitation is there for you?
- Who taught you the most about creating beloved community? (Beloved community is described as "the place where the person you least want to live with always lives". It's a place where we don't expect perfection, but we are dedicated to conflict resolution, hard work, and hope.)
- What's a commitment you will make this year to build Beloved Community?
- UU of Ann Arbor had their 150<sup>th</sup> anniversary, and UU leaders from around the world met to discuss [how UU can go into the future](#). **shorturl.at/pzELX**
- Think about what a post-pandemic world might look like. [This video](#) is 75 minutes, but it could start some of your thoughts. **shorturl.at/nBGK0**