

Touchstones Theme: Acceptance



...I was ...drawn to writing about radical acceptance ...because we spend so many moments at war, and we do it in the ways we judge ourselves, ...the ways we blame others, ...the ways we feel it's our country against that country. There is so much division....

...What is ...the path of healing? It can begin ...by embracing the life that's here. Because if we can begin to bring a sense of peace and

care to the life inside us, naturally the circles widen to include other people. It's the way of the heart—if we can be kind towards ourselves we'll be kind towards others.

...Carl Rogers, put it this way, “It wasn't until I accepted myself just as I was in this moment, that I was free to change.” *Tara Brach*

Why are we still talking about inclusivity and diversity when we have done so little to make them real? Why are we still looking pained about the lack of diversity...? Because diversity, inclusivity, is terribly hard, terribly uncomfortable, definitely unsettling, and often quite frustrating.

What I know about being inclusive—crossing from culture to culture, learning the language of diversity—is that it's the work of a lifetime. It's hard to accept people who are not like you, who don't talk the way you do, or believe the things you believe, or dress or vote as you do.

...Nothing that Unitarian Universalists need to do is more important than making justice real—here, where we are. Hard as diversity is, it is our most important task.

Rev. Rosemary Bray McNatt



Join us in exploring Acceptance

Photo Credits (top to bottom)

- ♦ Dogman & Rabbitwoman, photo by Hulki Okan Tabak from Pixabay
- ♦ Black woman, photo by Christopher Salerno from Pixabay