

# Touchstones Project Theme: Courage



The word *courage* comes from the Latin *cor*, which means heart. According to poet Mark Nepo, the original use of the word courage meant to stand by one's core: a “striking concept that reinforces the belief found in almost all traditions that living from the Center is what enables us to face whatever life has to offer.” To “encourage” means to hearten; to impart strength and confidence. This is our work, as a religious community: to encourage one another; to be bold in engaging the world around us, as well as what scares us internally; to give one another the confidence and heart to live as fully as possible. *Rev. Erika Hewitt*

I'm amused by the view that it's easy to be a Unitarian Universalist. It's as easy to be a Unitarian Universalist as it is to be persistent, courageous, and curious. It's as easy to be a Unitarian Universalist as it is to search the murky waters of life without sure charts to guide us or any guarantee that we will find a safe port to put down anchor. It's as easy to be Unitarian Universalist as it is to overcome the natural fear of the unknown and venture forth with nothing to sustain us save our zest for living and hunger for new experience and knowledge.

Our way in religion is not the way of ease. We are called to be sailors; for many worlds exist waiting to be discovered. And not the least of these worlds are within ourselves. It takes as much persistence, courage, and curiosity to look into our own depths, to come to terms with the twin mysteries of being alive and having to die, to see ourselves in new and larger ways without being dishonest about our limitations.... *Rev. Charles Magistro*



## Join us in exploring Courage

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