

# Soulful Songs and Stories

**With a song and your stories, we co-create a soft place for hard conversations and a brave space for personal and spiritual growth.**



## **The third Friday of the month, Room 19**

We start promptly at 7:00 PM, so please come a little early to sign in, get a name tag, and have a cup of tea or coffee. Newcomers are welcome; follow the signs for the Chapel, and park in the rear parking lot. You can just drop in even if you don't register.

**The Format:** Welcoming words; reading our covenant; sharing your accomplishments, losses, or spiritual growth; introductory words; playing a song and mining it for its meaning by telling our stories; good words until we meet again.

**The Rules:** Respect, kindness, no phones, no grandstanding.

**The Result is Magic:** The joy of discovery. Laughter. The agony of deconstruction. Revelation in a safe space. Forging connection with a community of like-minded seekers.

**If you register with Jessica Pond ([Jpond@uucsr.org](mailto:Jpond@uucsr.org)/516.472.2914) you'll get our format/covenant/guidelines, an email reminder, and song lyrics.**

*"Music can name the unnameable and communicate the unknowable." —Leonard Bernstein*

*"The very act of story-telling is by definition holy. We tell stories because they save us." —James Carroll*

*"Nobody wants the truth, but everyone wants a story." —Ingrid Rojas Contreras*

*"Music approaches the sacred through the wordless avenues of the heart." —Carrie Newcomer*

**September through June. Alice Giordano and Steve Marston are your guides on this journey.**



**Unitarian Universalist  
Congregation at Shelter Rock  
Human. Kind.**

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