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## I. Facebook Memes and Worship Screen Images

*These images are in higher resolution for projecting on large screens. Facebook will reduce the resolution automatically when you load them.*

<table>
<thead>
<tr>
<th>Quote in Meme</th>
<th>Suggested Words for Above Meme</th>
<th>Meme File Name</th>
<th>Date to Post For use by congregation for planning</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. November’s Monthly Theme: Memory</td>
<td>Welcome to our month of asking &quot;What does it mean to be a people of memory?&quot;</td>
<td>SM 2018-11 01 Memory.jpg</td>
<td></td>
</tr>
<tr>
<td>2. Welcome to the Month of Memory</td>
<td></td>
<td>SM 2018-11 02 Welcome.jpg</td>
<td></td>
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<tr>
<td>3. In this mysterious space of memory we are somehow held together, and also re-assembled. As we remember, we are re-membered.</td>
<td></td>
<td>SM 2018-11 03 Clothesline.jpg</td>
<td></td>
</tr>
<tr>
<td>4. If memory had a voice, it wouldn’t sing “Remember me.” It would call out, “Don’t forget who you are.”</td>
<td></td>
<td>SM 2018-11 04 long view.jpg</td>
<td></td>
</tr>
<tr>
<td>5. Check Out this month’s Soul Matters Spotify Playlist on Memory Just click the link above and enjoy!</td>
<td>Let music lead you into this month’s theme by following our Soul Matters Spotify Playlist for Memory! Just click this link: [<a href="https://open.spotify.com/user/mjf4kic">https://open.spotify.com/user/mjf4kic</a> gvwwkI7fzxb0un6lp/playlist/7wNiphQ R08cAurkJ32pI6?si=i8Mno98R12C5rP udWV8Zzw](<a href="https://open.spotify.com/user/mjf4kic">https://open.spotify.com/user/mjf4kic</a> gvwwkI7fzxb0un6lp/playlist/7wNiphQ R08cAurkJ32pI6?si=i8Mno98R12C5rP udWV8Zzw) No need to purchase a subscription to Spotify to listen; There is a free version available by simply following the link and logging in.</td>
<td>SM 2018-11 05 spotify.jpg</td>
<td></td>
</tr>
<tr>
<td>6. Memory is knowledge seated neither in the senses, nor in the spirit, but in collective memory. - Etel Adnan</td>
<td></td>
<td>SM 2018-11 06 park bench.jpg</td>
<td></td>
</tr>
<tr>
<td>7. It’s easy to get caught up in the wonderful work of collecting memories and yet our real gift to the world is passing them on. What precious memory is relying on you to pass it on?</td>
<td></td>
<td>SM 2018-11 07 sharing memory.jpg</td>
<td></td>
</tr>
</tbody>
</table>
|   | In times like these, I look to the past. I come from people not meant to survive, and here is our bloodline, stronger than ever.  
|   | - Brittany Packnett | SM 2018-11 08  
|   | Brittany Packnett.jpg |   |
| 9. | I do not know if the seasons remember their history or... if the oak tree remembers its planting. I do not know if the squirrel remembers last fall's gathering or... if the earth remembers the flowers from last spring. Perhaps that is the reason for our births -- to be the memory for creation. Burton D Carley |   |
| 10. | Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart. Steve Jobs | SM 2018-11 10  
|   | Dying.jpg |   |
| 11. | Memory invites us to maintain our grip on the past, but it also calls us to pay attention to the present. Memory’s question is not just “Do you remember?” but “How do you want to be remembered?” Rev. Scott Tayler | SM 2018-11 11  
|   | skyscape.jpg |   |
| 12. | We are well advised to keep on nodding terms with the people we used to be, whether we find them attractive company or not. Otherwise they turn up unannounced and surprise us, come hammering on the mind’s door at 4 a.m. of a bad night and demand to know who deserted them.  
|   | - Joan Didion | Are you ok with the person you used to be? Have you been working a bit too hard to wipe the “previous you” from your memory? They say none of you gets to walk through the door unless you’re willing to bring all of you in.  
|   |   | SM 2018-11 12  
|   | cove.jpg |   |
| 13. | There are lots of people who mistake their imagination for their memory. Josh Billings | SM 2018-11 13  
|   | glasses.jpg |   |
| 14. | The difference between false memories and true ones is the same as for jewels: it is always the false ones that look the most real, the most brilliant. Salvador Dali | SM 2018-11 14  
<p>|   | jewel.jpg |   |</p>
<table>
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<tbody>
<tr>
<td>15</td>
<td>What if the question isn’t, “Did it really happen that way?” But instead, “Why do you want to remember that it happened that way?”</td>
<td>SM 2018-11 15 Memory Book.jpg</td>
</tr>
<tr>
<td>16</td>
<td>To acknowledge our ancestors means we are aware that we did not make ourselves. - Alice Walker</td>
<td>SM 2018-11 16 ancestors.jpg</td>
</tr>
<tr>
<td>17</td>
<td>Nothing is more memorable than a smell... It detonates softly in our memory like poignant land mines hidden under the weedy mass of years. Hit a tripwire of smell and memories explode all at once. Diane Ackerman</td>
<td>SM 2018-11 17 Smell.jpg</td>
</tr>
<tr>
<td>18</td>
<td>Time does not heal all wounds but gives us the tools to endure them. I have found this to be true in the greatest and smallest of matters. Patti Smith</td>
<td>SM 2018-11 18 watch.jpg</td>
</tr>
<tr>
<td>19</td>
<td>Gratitude is the memory of the heart. French proverb</td>
<td>SM 2018-11 19 heart.jpg</td>
</tr>
<tr>
<td>20</td>
<td>Does fall come with its own set of memories? Do you remember differently this time of year?</td>
<td>SM 2018-11 20 sunset.jpg</td>
</tr>
<tr>
<td>21</td>
<td>Have you figured out the story you want to be remembered by?</td>
<td>SM 2018-11 21 typewriter.jpg</td>
</tr>
<tr>
<td>22</td>
<td>&quot;Your great mistake is to act the drama as if you were alone. As if life were a progressive and cunning crime... To feel abandoned is to deny the intimacy of your surroundings...&quot; David Whyte</td>
<td>SM 2018-11 22 tea.jpg</td>
</tr>
<tr>
<td>23</td>
<td>I am from the forsythia bush, the Dutch elm, whose long-gone limbs I remember as if they were my own. I'm from the know-it-alls and the pass-it-ons. I'm from He restoreth my soul. I am from those moments snapped before I budded. George Ella Lyon</td>
<td>SM 2018-11 23 tree.jpg</td>
</tr>
</tbody>
</table>

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Soul Matters – Social Media Toolbox - Memory
II. Monday Meditation Posts

Cut and paste the text below into a Facebook post.
When adding the optional picture to the post,
be sure to add the picture first and the text second.

MEDITATION #1

MONDAY MEDITATION - An invitation to begin your week with a deep breath and connection to what matters most:
When has memory set you free? For some of us, all it takes is seeing that swing from our childhood in our mind’s eye. Or our favorite dog running with abandon. Or that image of staring at the purple sunrise on the river while fishing with our grandfather. When life starts feeling small, depleted or threatening, what memory do you turn to to remember that open doors are all over the place?

As you reflect, let William Stafford's words help you along your way...

Remembering
William Stafford
Full poem found at https://wordsfortheyear.com/2018/07/02/remembering-by-william-stafford/

“...I carry those days in a tiny box wherever I go, I open the lid... There is a sigh like my breath when I do this. Some days I do this again and again…”

Optional picture to post with the text: https://unsplash.com/photos/P2aOvMMUJnY

MEDITATION #2

MONDAY MEDITATION - An invitation to begin your week with a deep breath and connection to what matters most:
Start off your day with David Whyte’s reminder that the world is awake and we are never alone.

Everything is Waiting For You
David Whyte
Full poem found at https://onbeing.org/blog/david-whyte-everything-is-waiting-for-you/
"Your great mistake is to act the drama as if you were alone. As if life were a progressive and cunning crime... To feel abandoned is to deny the intimacy of your surroundings..."

Optional picture to post with the text: https://unsplash.com/photos/gy_DN08336U
**MEDITATION #3**

**MONDAY MEDITATION - An invitation to begin your week with a deep breath and connection to what matters most:**

Lean into George Ella Lyon's "Where I'm From" and allow the celebration of her roots to help you notice and appreciate yours. So many of our sources go unrecognized. Don't let that be the case for you today!

*Where I'm From*
George Ella Lyon
Full poem found at http://www.smithsonianeducation.org/educators/professional_development/workshops/writing/george_ella_lyon.pdf
Read by author: http://www.georgeellalyon.com/audio/where.mp3

"I am from the forsythia bush
the Dutch elm
whose long-gone limbs I remember
as if they were my own.
I'm from the know-it-alls and the pass-it-ons...
I'm from He restoreth my soul...
I am from those moments—
snapped before I budded... "
-George Ella Lyon

*Optional picture to post with the text:* https://unsplash.com/photos/EwKXn5CapA4

**MEDITATION #4**

**MONDAY MEDITATION - An invitation to begin your week with a deep breath and connection to what matters most:**

All of the wisdom traditions invite us to meditate on the fact that we will die, not to put a cloud over our days but to make sure we truly live. This video meditation by Kenyan photojournalist, politician and activist, Boniface Mwangi, leads us on our way...

Remembering That One Day You Will Die:
https://www.youtube.com/watch?v=su9oOdnT8w0
III. UU View Posts

Cut and paste the text below into a Facebook post.
When adding the optional picture to the post, be sure to add the picture first and the text second.

POST #1 Post on November 12

Today, we honor the birth of James Luther Adams, who some consider our greatest Unitarian Universalist theologian. During this month of memory, let’s not just remember him but also remind ourselves what he spent his life trying to get us to remember...

Church as the place where we come to remember who we are...
“Church is a place where you get to practice what it means to be human.” - James Luther Adams

Remembering what makes us unique...
“We are not a religious tradition with a creed, but a religious movement that has always wedded social justice work to theology.” - James Luther Adams

Remembering that we are all theologians...
“Everyone is a theologian, either conscious or unconscious, in the sense that everyone has some conception of the nature of reality, of the demands of reality, and of those elements in reality that support or threaten meaningful existence.” - James Luther Adams

Remembering the test of an “adequate faith”...
“The faith of a church or of a nation is an adequate faith only when it inspires and enables people to give of their time and energy to shape the various institutions - social, economic, and political - of the common life.” - James Luther Adams

Optional picture to post with the text:
https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiDyu6_1qHdAhWjTN8KHRC8Aj8QjRx6BAgB

POST #2: Post on November 15

During the month of memory, we honor the death of Unitarian martyr, Francis David. He died in prison on November 15, 1579 after being arrested and tried for the crime of "innovation," questioning and challenging religious doctrine. To remember the courage of those who have gone before us, is not just to honor their memory but to allow their bravery to leak over into us. May David’s courage spill over to us all as we work to speak up for moral "innovation" and challenge the status quo. ///// Learn more here: https://www.uua.org/re/tapestry/adults/river/workshop4/175758.shtml

Optional picture to post with the text:
https://upload.wikimedia.org/wikipedia/commons/thumb/a/a0/FerencDavid.jpg/220px-FerencDavid.jpg
or
https://velvethummingbee.files.wordpress.com/2017/04/diet20of20torda.jpg?w=720
IV. Facebook Special Calendar Date Posts

Cut and paste the text below into a Facebook post.
When adding the optional picture to the post, be sure to add the picture first and the text second.

Post during the first week of the month:

It's Alzheimer's Awareness Month.
Alyea Pierce invites us to honor it by opening to what those with Alzheimer's teach us about what WE forget.

Pieces of My Memories: A Poem to Alzheimer's.
https://www.youtube.com/watch?v=TPR_1pXXSyE

Post on November 11 - Veterans Day (U.S.) & Remembrance Day (Canada)

On this day of remembrance, we pause to honor lives lost and love that continues. ....

We Remember Them
Roland Gittlesohn

In the rising of the sun and in its going down,
we remember them;
In the blowing of the wind and in the chill of winter, we remember them; In the opening of buds and in the rebirth of spring,
we remember them;
In the rustling of leaves and in the beauty of autumn,
we remember them;
In the beginning of the year and when it ends,
we remember them;
When we are weary and in need of strength,
we remember them;
When we are lost and sick at heart,
we remember them;
When we have joys we yearn to share,
we remember them;
So as we live, they too shall live,
for they are now a part of us,
as we remember them.

Optional picture to post with the text: https://unsplash.com/photos/J7RQSDAhpyI
Post on November 18 - Mickey Mouse's Birthday - Nov. 18, 1928

It's Mickey Mouse's Birthday today (Nov. 18, 1928). During this month of memory, let's follow Latino USA as they broaden the story of Mickey and look back at Disney's mixed relationship with Latin America...

https://latinousa.org/2018/08/28/itsasmallworld/

Optional picture to post with the text: https://unsplash.com/photos/T0wwG1nFoFY

Post on November 20 - Transgender Day of Remembrance

It's the Transgender Day of Remembrance. Spend some time with these brave stories. May they move us beyond memory to a commitment to make change...

https://www.youtube.com/watch?v=UgWpGLB-QKI

Post on November 23 - Thanksgiving Day

It's Thanksgiving! Let's lean into gratitude. Let's also lean into a more honest telling of Thanksgiving's history.

MTV's “Decoded Tackles the Truth about Thanksgiving

https://www.youtube.com/watch?v=uFfREh7G3ck

Post on November 24 -

Grand jury decision not to indict Officer Darren Wilson for the killing of Michael Brown, sparking protests in Ferguson and cities across the U.S., including Chicago, Los Angeles, New York, and Boston. - Nov. 24 (2014)

Optional picture to post with the text: https://pixabay.com/en/protest-blem-black-lives-matter-sign-1567028/
IV. Webpage Welcome Pics

Designed especially for use as one of the rotating header pics on the home page of the UUA’s WordPress theme webpage template: http://demo.uuatheme.org

<table>
<thead>
<tr>
<th></th>
<th>Text in Meme</th>
<th>Webpage Pic File Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>Welcome to the Month of Memory!</td>
<td>SM 2018-11 24 Welcome.jpg</td>
</tr>
<tr>
<td>25</td>
<td>November’s Monthly Theme: Memory</td>
<td>SM 2018-11 25 November.jpg</td>
</tr>
<tr>
<td>26</td>
<td>What Does it Mean to be a People of Memory?</td>
<td>SM 2018-11 26 Question.jpg</td>
</tr>
</tbody>
</table>
Toolbox packet and images are for use ONLY by member congregations of the Soul Matters Sharing Circle.

Learn how to join at http://www.soulmatterssharingcircle.com