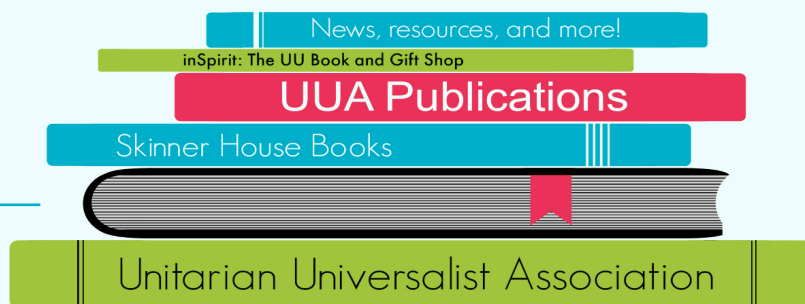


October

Publications Update



[Tend to Your Spirit: Mindful Living with Chronic Illness](#)

Living with chronic illness has many challenges, and the journey is not just a physical one. *Tend to Your Spirit* is a companion for this emotional and spiritual journey, offering tools to help readers practice self-compassion and self-care. With candor and vulnerability, spiritual leaders Julianne Lepp and Florence Caplow, themselves living with long-term illness, offer insights and practices that can benefit anyone facing the emotional impact of a new or ongoing condition.

Structured metaphorically around the four seasons, each chapter is devoted to a particular aspect of life with chronic illness, such as grief, hope, perseverance, anger, comfort, and finding connection. Interviews and quotes from people with chronic illness of all ages and backgrounds help readers feel less alone. Spiritual resources, including poetry, practices, meditations, playlists, journaling exercises, and discussion questions, offer additional guidance. Small groups can explore these resources together to help foster supportive relationships and community.

Available to
[pre-order!](#)

Tend to Your Spirit is intended for people at any stage of their journey with chronic illness or chronic pain, to help you live a full, spiritually connected life—a life informed and shaped, but not defeated, by your illness.

Julianne Lepp has a background in finance, game design, and massage therapy. She lives with rheumatoid arthritis and supports those living with chronic illness in a variety of capacities. She has served as the parish minister of the Unitarian Universalist Congregation in Eau Claire, Wisconsin, since 2010 and trained with Meadville Lombard Theological School to become a spiritual director.

Florence Caplow has lived with chronic illness since 1999. As a Unitarian Universalist minister, she served congregations in Washington, Colorado, and Illinois. She is also a Zen Buddhist teacher, change coach, spiritual director, and editor of two previous books. She offers online classes for those living with chronic illness and pain.



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Announcements and Resources

New Member Gift Set

Joining a new faith community can be an exciting but also daunting experience. Welcome new members with our new member gift set, a thoughtful selection of introductory resources and gifts, including the new edition of *The Unitarian Universalist Pocket Guide*, edited by Rev. Dr. Sofía Betancourt. All of the items in the new member gift set can also be purchased separately. These and more great congregational resources are available on the inSpirit website.

[*The Unitarian Universalist Pocket Guide*](#)—A powerful, engaging, and accessible introduction to Unitarian Universalism. *The Unitarian Universalist Pocket Guide* is the most complete introduction to Unitarian Universalism available, covering ministry, worship, religious education, social justice, community, and history. Edited by Rev. Dr. Sofía Betancourt, this seventh edition prepares readers with resources and information for this crucial moment.

[Side with Love Pamphlet](#)—An introduction to Side With Love, the Unitarian Universalist Association's public advocacy and organizing team, which harnesses the great power of love to challenge oppression and build a just, inclusive world. Side With Love understands organizing as a spiritual practice, rooted in theology, reflection, and covenant.

[Unitarian Universalist Shared Values Wallet Cards](#)—These foldable wallet cards with one of Tanya Webster's popular graphics representing the shared values on the back, are a great resource for anyone seeking to spread the word about this welcoming progressive faith. A perfect offering to newcomers on Sunday morning, at community gatherings, or as a conversation starter anywhere.

[Love Chalice Stickers](#)—A sleeve of six 2" round stickers featuring the Love Is at the Center chalice designed by Tanya Webster. This stunning design emphasizes that love is at the center of our shared Unitarian Universalist values.

Available to
[order!](#)



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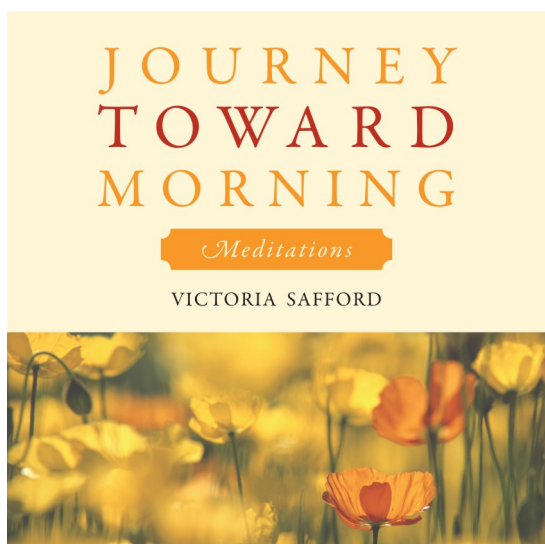
Announcements and Resources

Featured Audiobook: *The Unitarian Universalist Pocket Guide*

Unitarian Universalists are people of all ages, of many backgrounds, and of many beliefs. They are brave, curious, and compassionate thinkers and doers who create spirituality and community beyond boundaries, working for more justice and more love in a hurting world. [*The Unitarian Universalist Pocket Guide*](#) is the most complete introduction to Unitarian Universalism available, covering ministry, worship, religious education, social justice, community, and history. Edited by Rev. Dr. Sofia Betancourt, this seventh edition prepares readers with resources and information for this crucial moment. A powerful, engaging, and accessible introduction to Unitarian Universalism. The audiobook is narrated beautifully by Keisa Parrish.



Featured Audiobook: *Journey Toward Morning*



[*Journey Toward Morning*](#) is a collection of meditations on life, nature, and spirituality written and narrated by Unitarian Universalist minister Victoria Safford. It was previously published as the classic *Walking Toward Morning*, one of the most beloved books in the inSpirit Series. "In a cemetery once, an old one in New England, I found a strangely soothing epitaph. The name of the deceased and her dates had been scoured away by wind and rain, but there was a carving of a tree with roots and branches (a classic nineteenth-century motif) and among them the words, 'She attended well and faithfully to a few worthy things.' At first this seemed to me a little meager, a little stingy on the part of her survivors, but I wrote it down and have thought about it since, and now I can't imagine a more proud or satisfying legacy. Every day I stand in danger of being struck by lightning and having the obituary in the local paper say, for all the world to see, 'She attended frantically and ineffectually to a great many unimportant, meaningless details.' How do you want your obituary to read?"—from "Set in Stone"



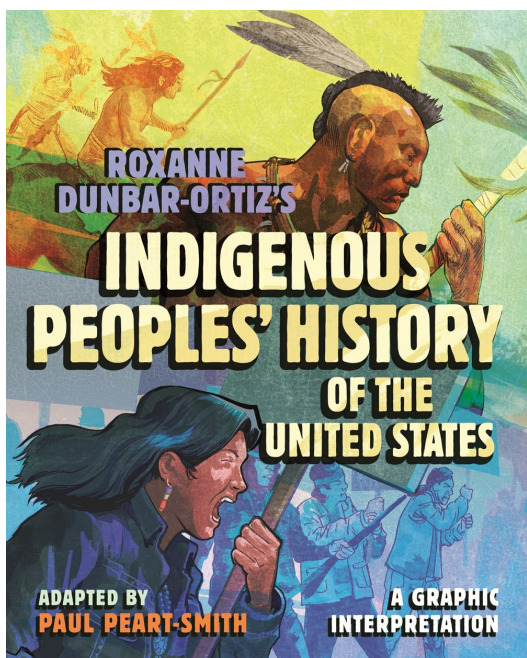
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Announcements and Resources

Coloring Pages

Skinner House is thrilled to announce new coloring pages that correspond to two recent children's books: [Blue Boat Home](#) by Peter Mayer and illustrated by Sue Todd and *Wind, Stop Blowing!* by Laura Alary and illustrated by Sue Teodoro. Now kids can color along to the beloved song *Blue Boat Home* and Benjamin's adventures in [Wind, Stop Blowing!](#) with these stunning and imaginative illustrations. There are five unique coloring pages for each children's book and they are available as separate products from inSpirit. These products are digital PDF downloads that will be perfect for use in classrooms, libraries, congregations, and homes.



October's Goodreads [Book Club](#) Pick

October's group read is [Indigenous Peoples' History of the United States: A Graphic Interpretation](#) written by Roxanne Dunbar-Ortiz and adapted by Paul Peart-Smith (Beacon Press). Roxanne Dunbar-Ortiz's influential *New York Times* bestseller exposed the brutality of this nation's founding and its legacy of settler-colonialism and genocide. Through evocative full-color artwork, renowned cartoonist Paul Peart-Smith brings this watershed book to life, centering the perspective of the peoples displaced by Europeans and their white descendants to trace Indigenous perseverance over four centuries against policies intended to obliterate them. This striking graphic adaptation will rekindle crucial conversations about the centuries-long genocidal program of the US settler-colonial regime that has largely been omitted from history.



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