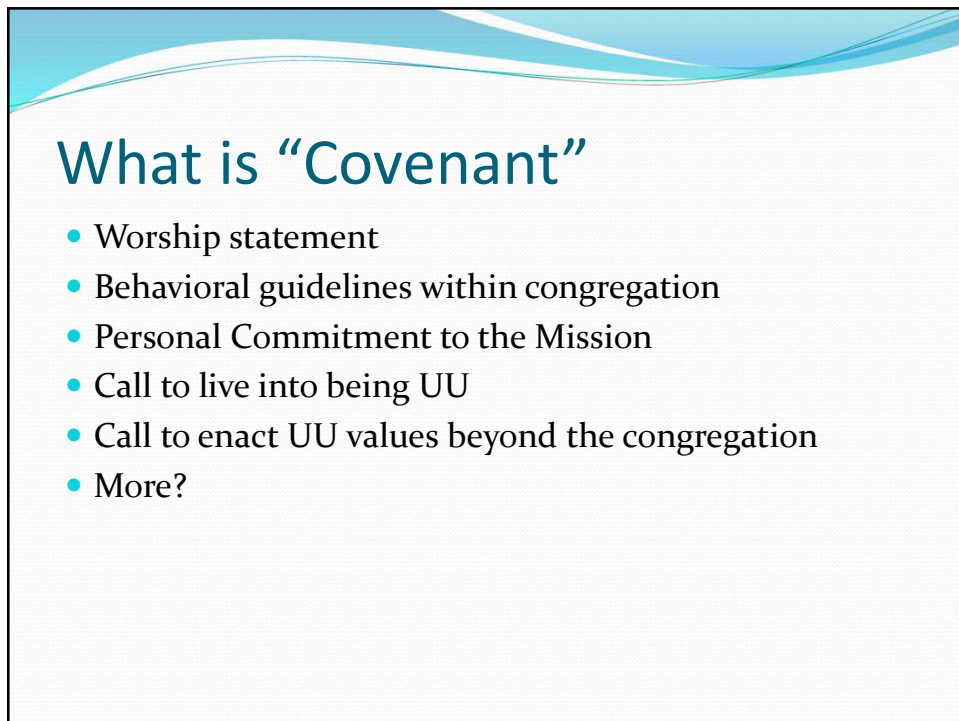


Rev. Renee Ruchotzke
Rev. Jeanelyse Adams
Doug Zelinski

1



2

Part 1 of Radical Relationship -

Is Primarily about
WHEN is covenant



3

The Goals

We want you to leave willing to declare:

- We can know the precise moments when covenant is present
- Science tells us the choices we make in these moments changes our brain structure
- These are the most potent moments of living as a Unitarian Universalist
- Those moments change the world

4

The “pinky swear” moment



5

The “rules matter” moment



6

The “I Do” moment



7

The “sign on the dotted line” moment



8

The “I’m going to be a parent” moment



9

The “this is for keeps” moment



10

Congregational Moments

When I sense the pivot point of
keeping or breaking my promise

11

Welcoming, showing-up,
spiritual practice,...



12

...gossiping, pledging,
faith deepening, sharing
the good news...



13

Talk about your moment –
2 mins each



14



15



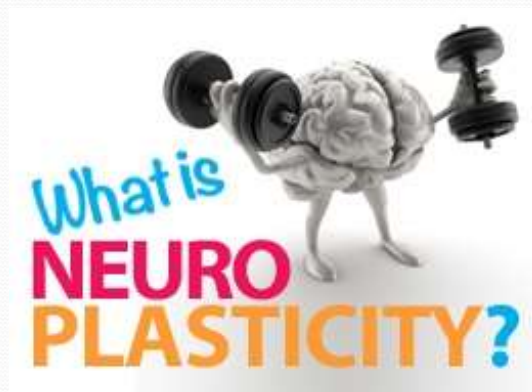
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The Miracle of Self-directed Neuroplasticity



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www.whatisneuroplasticity.com

18

The brains ability to re-organize itself by forming new neural connections throughout life.



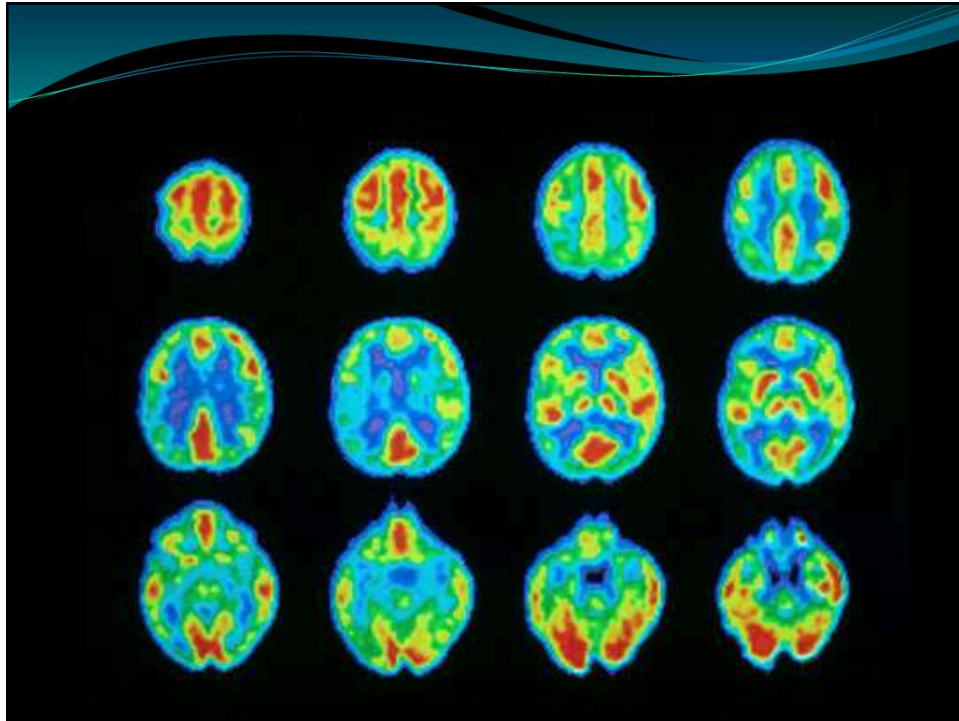
January 29, 2013 blog by Eileen Marable

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Adults –
immutable,
mechanistic brains

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Self-directed Neuroplasticity & Obsessive Compulsive Disorder



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Self-directed Neuroplasticity & Obsessive Compulsive Disorder



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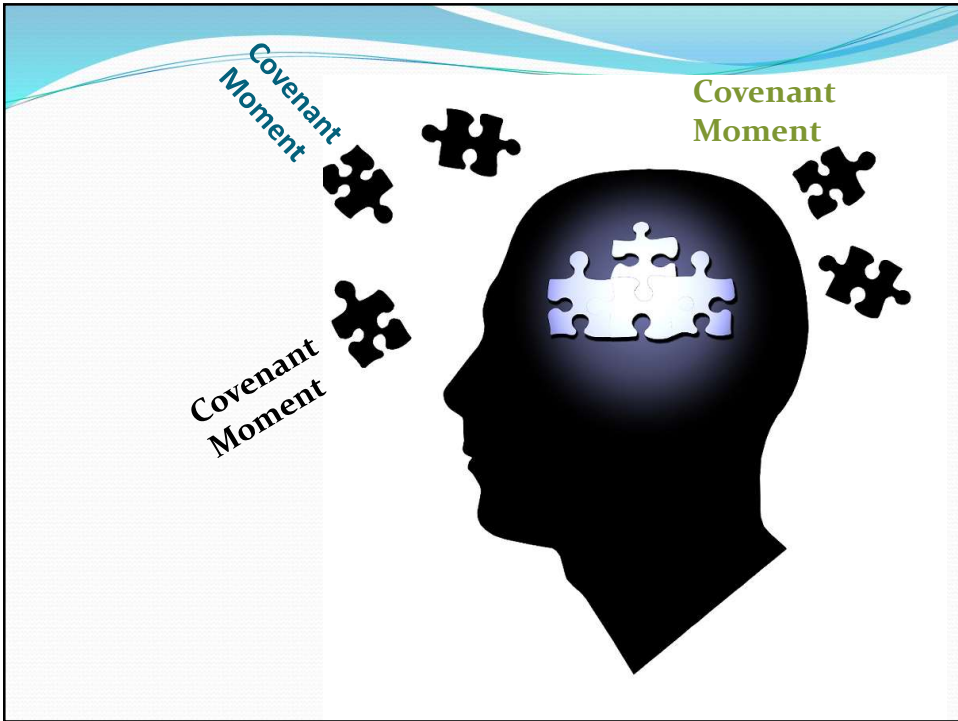
Self-directed Neuroplasticity



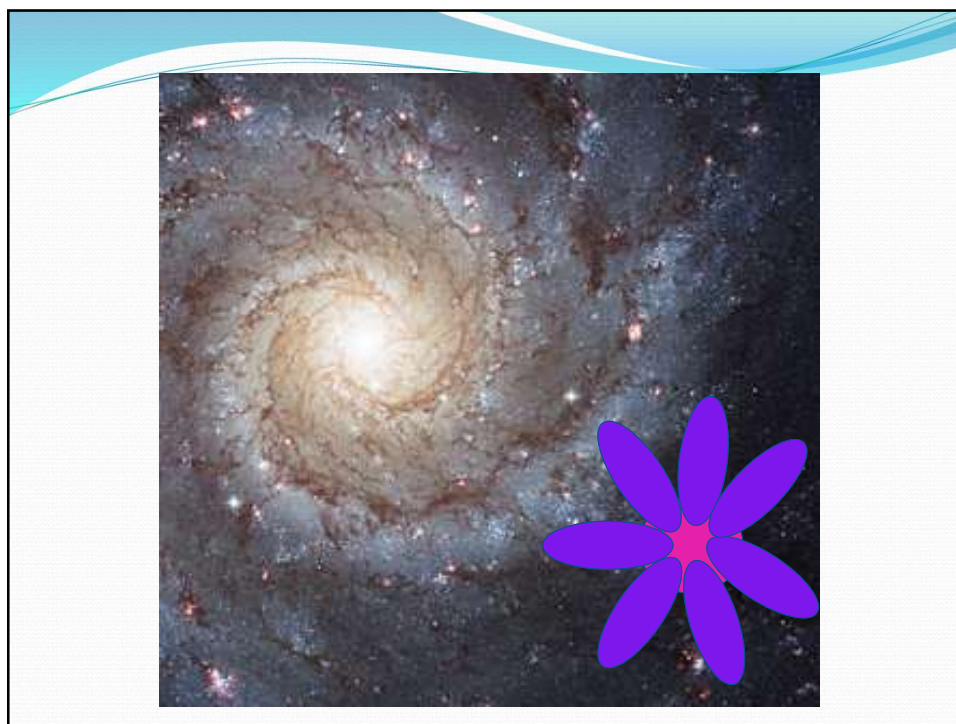
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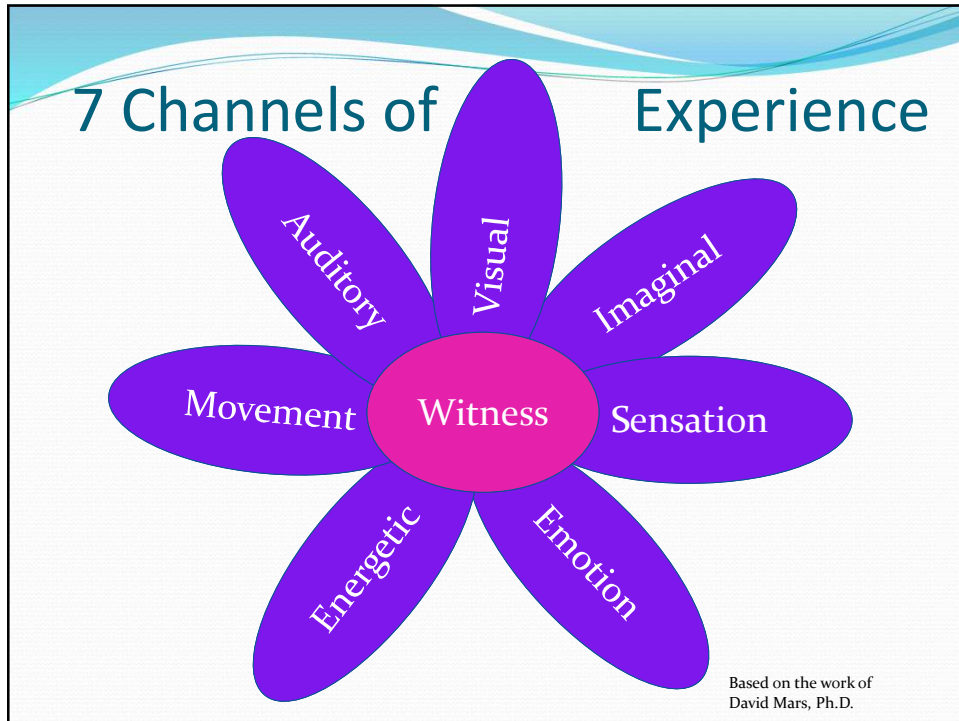
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Step one....7 CHANNELS of

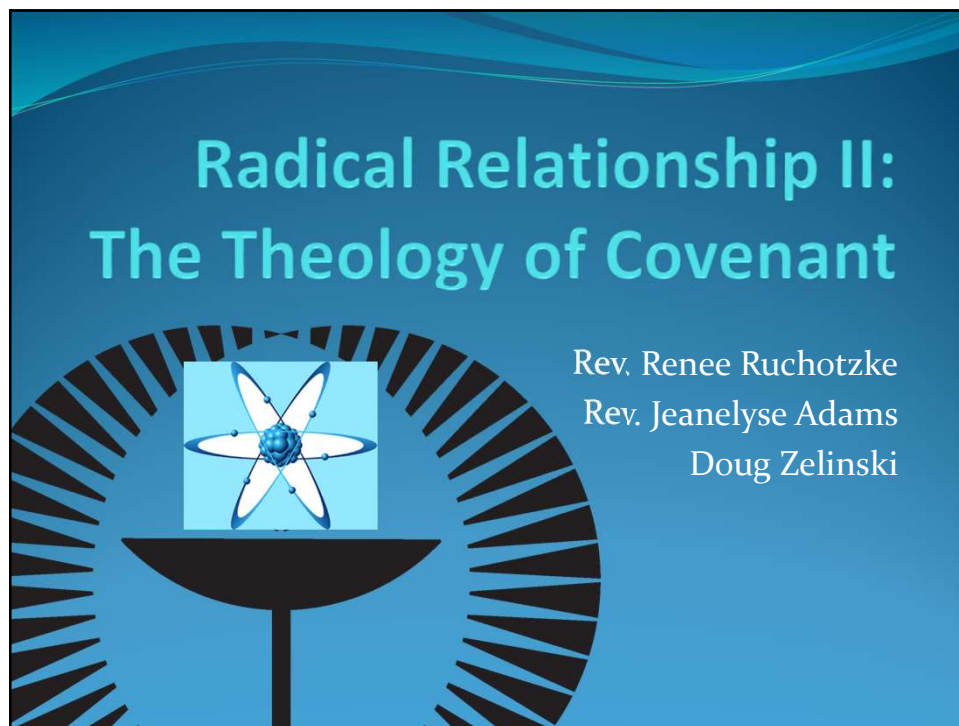
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How might you invite this practice into your life in the congregation?

30



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