

FIRST UNITARIAN  
CONGREGATIONAL SOCIETY  
**BR****KL**YN  
A UNITARIAN UNIVERSALIST CONGREGATION

## **Transforming Lives**

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(Member since June 3, 2007)



For as long as I can remember, if I missed a meal I would definitely start feeling “hangry”. You know, hungry combined with angry. It’s that cranky, irritable feeling from going a little bit too long without food. I often carry snacks around with me just in case. So, if you would have told me a few years ago that I would voluntarily go from sun-up to sundown without eating I would have thought you were crazy.

But that is just what I did this past November during our congregational hunger communion fast. I did it not just as an act of gratitude for the abundance of food I have, but for spiritual reasons as well. Taking Reverend Ana’s advice, I had a focus question, I spent parts of the day journaling and praying, and I tried to remain open to wisdom. And yes, I was hungry, but surprisingly not angry.

This is just one example of how First U has inspired and challenged me to create a spiritual life for myself. This congregation has helped me connect to the God of my heart and through practice and faith, and by seeing the examples of so many of you it is changing my life.

For when I am spiritually grounded, when I am connected to the love making force of this universe, I can be a better friend, a better sister, a better daughter and a better teacher. I am better able to serve this world and to make my little corner a bit happier.

First Unitarian has changed my life. Working together, we can change the world.

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