

FIRST UNITARIAN  
CONGREGATIONAL SOCIETY  
**BROOKLYN**  
A UNITARIAN UNIVERSALIST CONGREGATION

**Transforming Lives**

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(Member since January 6, 2008)



I work as a massage therapist at a big tech company. Many of my clients, like many people in our culture, live mostly from the neck up. Knowledge workers, their daily lives are engrossed by focusing on screens, paying little attention to their bodies until they can't ignore the aches and pains that come from "office worker syndrome." I see how my client's lives are positively impacted by the benefits of getting more in tune with their bodies after receiving massage.

It can be a meditative experience. As a practitioner I see it akin to a ministry. I truly believe that this world would be a better place if everyone who wanted to could get massage on a regular basis. People would be more connected with themselves and their bodies, would be relaxed and perhaps just a little less anxious or defensive.

This past June I was deeply moved by Takako Kono's homily of An Embodied Spirituality. She shared her journey of reconnecting with her body and it's gifts of knowing and spirituality, and suggested that we pay our bodies a bit more attention, saying "Be in your body especially when you can't seem to figure it all out... feel the wisdom that resides deep in our bones and to trust that we are holy and are free"

Her homily resonated with me so strongly and it planted the seed of an idea, which only grew stronger as I reflected on Reverend Ana's charge to ensure that we take care of ourselves and each other so we can be able to take on the work of our UU Faith in acts of social justice and living out our shared principles.

With that in mind we are going to be offering a way for congregants and friends to engage in radical self-care with Thai massage sessions here at the church at a sliding scale fee. All proceeds will go to the congregation. Look for more information in future orders of service and the e-newsletter.

Looking forward to sharing with you a caring ministry of massage therapy.

October 14, 2018