

February's Theme is: Divine Discomfort

Monthly Theme Summary:

Life is full of uncomfortability. Birth itself is a shift from warm, nurturing safety to cold, terrifying chaos, and it is our very first experience of Divine Discomfort. Life is a complicated, magnificent, and nuanced glory and living it is bound to be uncomfortable. This Black History Month we're exploring lessons learned from being uncomfortable and how putting down the need to be comfortable allows space for transformation. We consider the universal pain of exclusion and oppression and open ourselves to the pull of our vision of a world that works for everyone. We end the month recognizing that being uncomfortable is the least of our concerns, because we have love work to do.

TALK TITLES & SUMMARIES

February 4th

Weekly Topic Title: Lessons in Uncomfortability

At the start of a new year, many of us like to set intentions for how we'd like to shift or show up throughout the year. Intention-setting has value every day, not just the first day of the year. Instead of starting each day with a good morning, what if we began with a grand rising? How would our day and the rest of our lives unfold, simply by leaning into the beauty and grandeur of each new day? We are being invited to start each day with an intention to co-create a world that works for everyone, led by the Divine. This month, let's rise past the way things have always been, beyond circumstance, and into an incredible new year. As we shake off the ashes of the past, we are rising into this new year like a phoenix.

February 11th

Weekly Topic Title: Where Comfort Ends, Transformation Begins

IN-PERSON SERVICE!

The power to transform your life lies in your willingness to step outside your comfort zone. Embrace the unknown, embrace the discomfort, and discover the incredible growth and fulfillment that await you.

Take action today and unlock the limitless possibilities that await you on the other side! eyes on us.

February 18th

Weekly Topic Title: Pain Pushes Until Vision Pulls

Pain acts as a pushing force that compels us to address discomfort or challenges, while the vision of a desired outcome serves as a pulling force that inspires us to move forward and make positive changes in our lives. By recognizing the interplay between pain and vision, we can harness their combined influence to propel personal growth, resilience, and well-being.

February 25th

Weekly Topic Title: Discomfort is the Least of Our Concerns

Discomfort is an inherent part of the human experience. It generates potential for personal growth, learning, cognitive flexibility, motivation, resilience, and adaptability. Rather than avoiding discomfort, we are encouraged to develop effective coping strategies and embrace it as a catalyst for positive change.