

**OCTOBER MONTHLY THEME:
(DIS)COMFORT—*THE VALUE OF RISKING CHANGE***

Living through a pandemic, a divisive election, and large-scale protests against racial injustice inevitably means a fair amount of discomfort in our lives. While we often need comfort in the face of loss and struggle, could a bit of discomfort also bring unexpected gifts to us? Sometimes moving beyond our proverbial comfort zone expands our world, shifts our understanding, or creates new possibilities. Could some kinds of discomfort be an inevitable part of risking change in life? This month our theme challenges us to consider the role of dis/comfort in our lives.

Which question is calling to you? Where is it leading you?

1. Who or what helps to comfort you in times of distress?
2. How comfortable are you being uncomfortable?
3. Do you have a way that you typically respond to discomfort? To change?
4. Can you think of a time when being uncomfortable led to meaningful change in your life?

Wise Words:

Even if it makes others uncomfortable, I will love who I am.

Janelle Monáe

I don't attempt to make people uncomfortable; I think that my standards in terms of art and journalism always have necessitated my discomfort.

Ta-Nehisi Coates

Art should comfort the disturbed and disturb the comfortable.

Cesar A. Cruz

We're supposed to be uncomfortable when we read something. That's how we learn.

Judy Blume

Sometimes you have to go through temporary discomfort and make temporary sacrifices; in order to get long term success and comfort.

Jeanette Coron

The Internet has become my enabler. It keeps me from stillness and discomfort, and this keeps me from growing.

Glennon Doyle

Comedy is to force us to observe ourselves in ways that are humorous and yet, at the end of the day, that cause us enough discomfort with the status quo to make a change.

Michael Eric Dyson

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

Harriet Tubman

The ultimate measure of a person is not where one stands in moments of comfort and convenience, but where one stands in times of challenge and controversy.

Martin Luther King, Jr.

With ideas it is like with dizzy heights you climb: At first they cause you discomfort and you are anxious to get down, distrustful of your own powers; but soon the remoteness of the turmoil of life and the inspiring influence of the altitude calm your blood; your step gets firm and sure and you begin to look - for dizzier heights.

Nikola Tesla

Uncertainty is an uncomfortable position. But certainty is an absurd one.

Voltaire

But there is greater comfort in the substance of silence than in the answer to a question.

Thomas Merton

Comfort is no test of truth. Truth is often far from being comfortable.

Swami Vivekananda

In religion, as in war and everything else, comfort is the one thing you cannot get by looking for it. If you look for truth, you may find comfort in the end: if you look for comfort you will not get either comfort or truth—only soft soap and wishful thinking to begin with and, in the end, despair.

C.S. Lewis