

Beyond Sundays—Participant Handout
UU Fellowship of Storrs | Rev. Dianne M. Daniels, Consulting Minister
Session 4, December 23, 2025: Justice

Welcome

Justice is Love in action. We'll reflect on how to nurture Beloved Community and how each of us can take small steps toward fairness and compassion. Justice is more than a social principle – it's a spiritual practice rooted in dignity, balance, courage, and love.

Guided Journaling Prompts

Take time with these questions, letting reflection unfold gently and honestly.

- 1. Where do I notice a longing for fairness or balance in my life right now?**
- 2. Which form of justice—distributive, procedural, retributive, or restorative—most resonates with me at this moment, and why?**
- 3. What spiritual gifts do I carry that could serve justice, even in small or quiet ways?**
- 4. What does it look like for me to stay grounded in love while standing firmly for what is right?**

Affirmations

Read these aloud or silently to center your heart in awareness and gratitude.

- I honor the dignity of every person, including myself, and act with fairness and care.
- I dare to name injustice and the wisdom to respond with compassion.
- My spiritual gifts matter, and I use them in the service of healing and balance.
- Even in uncertain times, I walk by faith—guided by justice and rooted in love.

Justice-in-Action Plan

Below are four Justice-in-Action practices, designed as gentle, doable weekly invitations rather than heavy “assignments.” Each one clearly connects to a form of justice and to our UU Values, and they work well whether you live a very public or a very quiet life.

These practices are not about perfection or productivity. They are about attention, intention, and faithfulness. Justice grows through small, consistent acts of love—practiced where we are, with what we have, in the lives we're already living.

Justice-in-Action: Four Weekly Practices

Week 1 — Practice of Equity

(Distributive Justice · Equity · Interdependence)

Invitation:

This week, intentionally notice where resources, time, or attention are unevenly distributed around you—and choose one small way to help restore balance.

This might look like:

- Supporting a local organization that protects or serves marginalized people
- Sharing a resource, opportunity, or information that could benefit someone else
- Adjusting how you give your time or energy so it better reflects your values

Reflection Question:

Where did I notice inequality this week, and how did my response align with my sense of justice?

Week 2 — Practice of Respectful Process

(Procedural Justice · Pluralism · Justice)

Invitation:

Practice justice by paying attention to how people are treated—especially in conversations, meetings, or decision-making spaces.

This might look like:

- Making space for someone whose voice is often overlooked
- Listening fully without interrupting or preparing a rebuttal
- Speaking up gently when a process feels unfair or dismissive

Reflection Question:

How did I contribute to fairness and respect in the way decisions or conversations unfolded?

Week 3 — Practice of Courageous Accountability

(Retributive Justice · Justice · Equity)

Invitation:

Justice sometimes asks us to name harm—clearly and compassionately. This week, practice accountability in a way that is honest but not punitive.

This might look like:

- Acknowledging a mistake you've made and taking responsibility
- Setting a clear boundary where harm or disrespect is present
- Naming injustice when it appears, even if your voice shakes

Reflection Question:

What did it feel like to choose courage over comfort this week?

Week 4 — Practice of Repair and Healing

(Restorative Justice · Love · Transformation)

Invitation:

Focus this week on restoration—within yourself, your relationships, or your community.

This might look like:

- Offering or asking for forgiveness
- Reaching out to mend a strained relationship
- Practicing self-compassion where guilt or shame has lingered
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Reflection Question:

What shifted when I chose healing over blame or withdrawal?

Closing Blessing

As we prepare to leave this shared space, may justice remain with us—not only as an idea, but as a way of living.

May we notice where balance is needed, where harm asks for healing, and where courage calls us forward.

Give us the strength to protect the vulnerable, the humility to listen across difference, and the faith to act even when outcomes are unclear.

May love shape our responses, justice guide our choices, and hope steady us for the work ahead.

Until we gather again, may we walk gently, speak truthfully, and live our values with care.

Amen. Blessed be and may it ever be so.

Thank You for Joining Us!

Beyond Sundays is a monthly 45-minute Zoom gathering, held on Tuesday evenings during the 4th week of each month. Together, we explore the UU Values and support each other in living them day by day.