

Resources for the theme of Healing – CVUUF October 2017

Movies & Television

***Wild* (based on the book by Cheryl Strayed)**

With the dissolution of her marriage and the death of her mother, Cheryl Strayed has lost all hope. After years of reckless, destructive behavior, she makes a rash decision. With absolutely no experience, driven only by sheer determination, Cheryl hikes more than a thousand miles of the Pacific Crest Trail, alone. And it heals her.

<https://www.amazon.com/Wild-Michiel-Huisman/dp/B00S6MBGY8?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00S6MBGY8&linkCode=as2&redirect=true&tag=spirprc-20>

God Said, Ha!

Sweeney proves that humor is a lifesaver in the midst of pain, suffering, and setbacks -- including her brother's terminal cancer and her own cervical cancer diagnosis.

https://www.amazon.com/God-Said-Ha-Julia-Sweeney/dp/B000089795/ref=sr_1_2?s=movies-tv&ie=UTF8&qid=1470365688&sr=1-2&keywords=god+said+ha

Dolphin Tale (Family)

In an inspiring story of the bond between animals and humans, a boy named Sawyer discovers an injured dolphin, who is brought to a marine hospital and named Winter.

Unfortunately, her injuries cost Winter her tail, without which she may not survive. But with Sawyer's devotion, a marine biologist, and the brilliance of a prosthetist charged with creating a new tail, Winter may receive a second chance at life.

<https://www.amazon.com/Dolphin-Tale-Blu-ray-Morgan-Freeman/dp/B004EPZ01Q?ie=UTF8&camp=1789&creative=9325&creativeASIN=B004EPZ01Q&linkCode=as2&redirect=true&tag=spirprc-20>

Songs

“Beautiful Dawn” by the Wailin’ Jennys

This song is poetry harmonized: “There’s only one way to mend a broken heart...”

<https://www.youtube.com/watch?v=gBYrRPSG-Rs>

“When You’ve Got Trouble” by Liz Longley

Healing by remembering you’re not alone:

“When you’ve got trouble, I’ve got trouble too.”

https://www.youtube.com/watch?v=a_zP8y9-3X4

“I Hurt Too” by Kate Herzig

Another beautiful song about the interconnectedness of healing: where you are hurting, I am hurting; your healing is my healing.

<https://www.youtube.com/watch?v=oSd11WQRdJ0>

<https://youtu.be/YK3N1bJZO2w>

Also by Herzig: “Lost and Found” (healing from heartbreak):

<https://www.youtube.com/watch?v=LINKTcBOFgY>

“Thank U” by Alanis Morissette

A song about healing that comes from the widest embrace. When we take the time to reflect on all of our experiences, what may have seemed a negative thing, can sometimes later be seen as a necessary step in a process that ultimately led to a greater good. Sometimes the greatest healing comes from simply saying thank you to what did not seem like a gift at the time.

<https://www.youtube.com/watch?v=OOgpT5rEKIU>

Healing Songs

<https://www.theguardian.com/music/musicblog/2013/mar/14/readers-recommend-songs-healing>

Books

***Nothing Gold Can Stay: The Colors of Grief* by Mark Belletini**

In twenty-two simple yet profound reflections, seasoned minister Mark Belletini explores the many and varied forms of grief.

<http://www.uuabookstore.org/Nothing-Gold-Can-Stay-P17551.aspx>

Restored to Sanity: Essays on the Twelve Steps by Unitarian Universalists

Unitarian Universalist writers reflect on their healing while walking the Twelve Steps of Alcoholics Anonymous and other Twelve-Step programs. All tell their stories with great honesty and humility, providing inspiration and hope for those who struggle with addiction and for their friends and family members. Each Step is explored with two separate heartfelt essays, plus a meditation or prayer.

<http://www.uuabookstore.org/Restored-to-Sanity-P17542.aspx>

***The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel A. van der Kolk**

See book quotes here:

https://www.goodreads.com/author/quotes/290396.Bessel_A_van_der_Kolk

The Righteous Mind, by Jonathan Haidt
How misunderstanding political mindsets divides us and how understanding them can heal us.

<https://www.amazon.com/Righteous-Mind-Divided-Politics-Religion-ebook/dp/B0052FF7YM#nav-subnav>

Articles by or referencing Haidt:

<http://www.bloomberg.com/view/articles/2016-07-20/the-republican-convention-translated-for-liberals>
<http://freitashugo.blogspot.com.br/2016/03/howtomakeaconservative.html>
<http://www.vox.com/2016/2/5/10918164/donald-trump-morality>
<http://www.scientificamerican.com/article/calling-truce-political-wars/>

***Here If You Need Me: A True Story* by Kate Braestrup**

"*Here If You Need Me* is the story Kate Braestrup's remarkable journey from grief to faith to happiness - as she holds her family together in the wake of her husband's death, pursues his dream of becoming a minister, and ultimately finds her calling as a chaplain to search-and-rescue workers. A celebration of the small miracles that happen every day when a heart is grateful and love is restored."

https://www.amazon.com/Here-If-You-Need-Me/dp/0316066311/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=

List of books for children and families about healing:

<https://amzn.com/w/39N5UTK7073E6>

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