

Homecoming 2021



**What does it
mean to be
called
together
spiritually to
Begin Again in
Love - to Free
Your Duende?**

"So Glad You Could Come", by permission of Canadian artist, Martina Field.

In July, Rev. Mariela Pérez-Simons preached on "Free Your Duende". Whether you attended that Sunday or not, our one 'Exercise' this season is to watch the recording of that July 18th service and consider what her message may mean for us:

https://www.youtube.com/watch?v=-xMum2vB_R0

(Meditation begins at 13:30 and ends at 19:00; sermon begins at 22:05 and ends at 45:14)

You are invited to listen to that sermon, reflect on it for several days and then listen to it again. Please come to your soul matters group prepared to reflect on one or more of the following questions:

1. What is your understanding of Duende? Clarissa Pinkola Estés speaks of "wind that blows soul into the faces of the listener." Federico Garcia Lorca says, "With idea, sound, gesture, the duende delights in struggling freely with the creator on the edge of the pit."
2. Share an experience of duende in your life, whether experienced personally or observed in others.
3. Rev. Mariela was personally touched by the work of Federico Garcia Lorca. Do you think duende is specific to the arts, such as Flamenco, as Lorca suggests or can appear in any area of human endeavor as Rev. Mariela states?
4. Rev. Mariela speaks of oppression and repression as suppressing duende. Have you experienced a time when oppression or repression made it harder to express/experience duende, or when you expressed it anyway? What made it harder? What made it possible or not possible in the end?
5. Have you been aware of differences in who has permission to express their true selves/their duende at First Unitarian?

6. Rev. Mariela says “The reason many of us are not able to fully express our duende is because putting ourselves out there is terrifying. ... We worry that we are going to say something silly, that others are going to laugh, that we are not going to say something smart enough...” What do you need from yourself to free your duende?
7. Rev. Mariela says, “when we express our true selves fully, openly, we give other people permission to do the same.” Are there aspects of the First Unitarian community that help you to express your authentic self/to free your duende? Are there aspects of the First Unitarian community that hinder you and make it harder?

This Soul Matters Packet was shepherded by Anne Perry with thanks to Tom Perry, Mary Hammele, Rev. AJ van Tine and the Packet Writing Team.

Resources:

Federico Garcia Lorca

- La Casa de Bernarda Alba / The House of Bernarda Alba. This is the work that introduced Rev. Mariela to duende.
- Juego y Teoria de Duende / Theory and Play of the Duende
<https://www.poetryintranslation.com/PITBR/Spanish/LorcaDuende.php>
 “So, then, the *duende* is a force not a labour, a struggle not a thought. I heard an old *maestro* of the guitar say: ‘The *duende* is not in the throat: the *duende* surges up, inside, from the soles of the feet.’”
 “The great artists of Southern Spain, Gypsy or flamenco, singers dancers, musicians, know that emotion is impossible without the arrival of the duende.”
 “The arrival of the *duende* presupposes a radical change to all the old kinds of form, brings totally unknown and fresh sensations, with the qualities of a newly created rose, miraculous, generating an almost religious enthusiasm.”
 “The duende....Where is the duende? Through the empty archway a wind of the spirit enters, blowing insistently over the heads of the dead, in search of new landscapes and unknown accents: a wind with the odour of a child’s saliva, crushed grass, and medusa’s veil, announcing the endless baptism of freshly created things.”

Clarissa Pinkola Estés, PhD.

- There's a reason poets often say, 'Poetry saved my life,' for often the blank page is the only one listening to the soul's suffering, the only one registering the story completely, the only one receiving all softly and without condemnation.
- Cynicism means the conduit to the soul has a great kink in it, like a garden hose in which nothing flows in either direction.
- In The Creative Fire, Dr. Estés talks about the story of the king who finds his son's crib upended and shoots his bloodied dog before he sees that the baby is alive and a dead wolf is under the crib. So, the king had misinterpreted the "killer of creativity..." Sometimes, we don't realize how or why we are silencing ourselves.

Brené Brown

- “We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honor the spiritual connection that grows from that offering with trust, respect, kindness and affection.”
- “I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”