

The triple evils of poverty, racism and militarism are forms of violence that exist in a vicious cycle. They are interrelated, all-inclusive, and stand as barriers to our living in the beloved community.

~ Rev. Dr. Martin Luther King Jr., *“Where Do We Go From Here: Chaos or Community?”*

Dr. [Martin Luther] King’s Beloved Community is a global vision, in which all people can share in the wealth of the earth. In the Beloved Community, poverty, hunger and homelessness will not be tolerated because international standards of human decency will not allow it. Racism and all forms of discrimination, bigotry and prejudice will be replaced by an all-inclusive spirit of sisterhood and brotherhood. In the Beloved Community, international disputes will be resolved by peaceful conflict-resolution and reconciliation of adversaries, instead of military power. Love and trust will triumph over fear and hatred. Peace with justice will prevail over war and military conflict. ~*The King Center*,

God is in the nitty-gritty work of loving one another in the social, economic, political, and material world. We are called to understand the world's systems and its evils and to establish mutual love in spite of all our unlovability.

~ Rev. Elizabeth K. Ellis, senior minister and executive director, Unitarian Universalist Urban Ministry. Boston, Mass.

Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the "Beloved." Being the Beloved expresses the core truth of our existence.

~ Henri J.M. Nouwen, *Life of the Beloved: Spiritual Living in a Secular World*

While the impostor draws his identity from past achievements and the adulation of others, the true self claims identity in its belovedness. We encounter God in the ordinariness of life: not in the search for spiritual highs and extraordinary, mystical experiences but in our simple presence in life. ~ Brennan Manning, *Abba's Child: The Cry of the Heart for Intimate Belonging*

Over the years, I have come to realize that the greatest trap in our life is not success, popularity, or power, but self-rejection. ... When we have come to believe in the voices that call us worthless and unlovable, then success, popularity, and power are easily perceived as attractive solutions. The real trap, however, is self-rejection. ... Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the "Beloved." Being the Beloved constitutes the core truth of our existence. ~ Henri J.M. Nouwen

If I am not in touch with my own belovedness, then I cannot touch the sacredness of others. If I am estranged from myself, I am likewise a stranger to others.

~ Brennan Manning, *Abba's Child: The Cry of the Heart for Intimate Belonging*

The yogi can relate to his Beloved in the form of a personal relationship—as a friend, a child, a spouse. He can cherish God in traditional religious performances—honoring saints, holy sites, and scriptures. He can hold God dear in the form of union—as his own Self . . .

~ *Prem Prakash*, *The Yoga of Spiritual Devotion A Modern Translation of the Narada Bhakti Sutras*

Sometimes the most difficult vision to see as beloved is the one we meet in the mirror.

~ *31 Days of Belovedness blog*, <https://adailyportion.wordpress.com>

. . . sometimes the voices and templates and thought patterns of childhood can be an obstacle to recognizing our own belovedness. Part of the process of overcoming those roadblocks, for me, is forgiveness of some of the people in my family history.

~ *31 Days of Belovedness blog*, <https://adailyportion.wordpress.com>

We remind each other and ourselves of this impossible possibility, that you are beloved of God, however you're going to say that—that you, just as you are, possess worth and dignity beyond measure, and so does everyone else. *Everyone* else, no matter what they've done or left undone, no matter what. This is the ground of being, the common ground.

~ *Rev. Victoria Safford*, *lead minister, White Bear Unitarian Universalist Church, Minn..*

I'm a beloved work in progress, and I'm learning to ask how I can grow through a wider vision of the beloved. For our family, we've chosen to sing and pray and learn and grow alongside some of the faces we used to pretend we did not see. Maybe there is a local ministry who could use your money, your garden produce, your old clothes, or that finest gift of the beloved to the beloved—your genuine presence. . . . Maybe living out a global belovedness is a simple and as profound as [providing] a clean drink of water.

~ *31 Days of Belovedness blog*, <https://adailyportion.wordpress.com>

In your words today, how can you sound more like the Beloved? How can your words call others Beloved? ~ *31 Days of Belovedness blog*, <https://adailyportion.wordpress.com>

When we can move beyond seeing others as mirrors in which we check out our own validity or tuning forms by which we try to pitch our voices, we not only start living out the unique story to which we are called. We have eyes to see, ears to hear, and hearts to appreciate others' passions. It adds a humble richness to the beloved life to celebrate others without scrambling to replicate their work and words in our own.

~ *31 Days of Belovedness blog*, <https://adailyportion.wordpress.com>

We are not loved because we are so beautiful and good, but we are beautiful and good because we are loved. ~ *Miroslav Volf, Protestant theologian*

For me, “belovedness” is so much more profound than “the inherent worth and dignity” of our first Principle. ~ *San Jose congregant*

The beloved community is an aphorism for a community that is democratic, egalitarian, cooperative, kind and sustainable. Without incorporating these values into our daily behaviors and institutions, we cannot obtain the community we all desire. . . . we innately understand that a beloved community requires making love tangible through these values—operationalizing belovedness. ~ *San Jose congregant*

I think the hardest thing about this for me is accepting that I could be beloved by others. When I encounter that, I am often stunned that I could engender that feeling in another. On the other hand, I can feel that someone is beloved by me very easily, which should make the first sentence easier to understand, but it doesn't. ~ *San Jose congregant*

Does one earn belovedness or is it unconditional? ~ *San Jose congregant*

Can there be negative feelings within belovedness? ~ *San Jose congregant*

Belovedness is surely what I mean when I talk about that great underground river of love that connects us all. [Can we] see ourselves and others as beloved—as lovable, loved and capable of loving—no matter how brokenhearted or ill or weary or lonely we may be? [Can we] honor this belovedness in each other while still keeping healthy boundaries? ~ *San Jose congregant*

Even when our hearts are broken by our own failure or the failure of others cutting into our lives, even when we have done all we can and life is still broken, there is a Universal Love that has never broken faith with us and never will. ~ *Rev. Rebecca Parker*

Is “beloved community” a goal or a reality? ~ *San Jose congregant*

The warm, soft fur of my cat pressed against my chin; the warm, soft hand of my wife; the joy of connection to friends and the students I teach; the loving voices of family: these are my beloveds. ~ *San Jose congregant*

What are we looking for? Are we looking for a beloved one to make us complete or whole? If we are, we will be disappointed, for our love is the conditional. To be beloved, we must accept the total of another just as they are, unconditionally. Many of us on this planet have bought into and believed all the lies we have made up about each other. To let go of those mistaken beliefs and ideas and love the whole complete and perfect Divine One within each other is the highest belovedness we can offer another and ourselves. We can do this by seeing beyond the appearances of everyone and everything in this world to the Divine truth beyond.

~ San Jose congregant

To learn to say, “Yes, I am the beloved” is the greatest trust of all.

~ San Jose congregant