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# DISRUPTION

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## October 2020 Monthly Theme

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The word **disruption** comes from the Latin words *dis-* “apart” and *rumpere* “to break”. In our language today we have come to understand it to mean a disturbance causing an interruption of an event or activity, often times a disturbance that makes us extremely uncomfortable.

Sometimes it’s good to be made extremely uncomfortable.

*In the dark times  
will there also be singing?  
Yes, there will also be singing.  
About the dark times.*

*Bertolt Brecht,  
Motto to the 'Svendborg Poems'*

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### Questions for Reflection

- ◆ Think of a time when your life has been disrupted - by a person or an event. Did that “rocking of the boat” cause you to re-evaluate, to think or act differently?
- ◆ When, in your life, have you been disruptive? What was the motivation behind that? What were the results? Did it change you?
- ◆ What places in your life, in *you* need disruption? What has become mundane, routine, stagnant? How can you shake things up?

**Changed Forever**  
by **Howard Thurman**

It's a wondrous thing, that a decision to act releases energy in the personality. For days on end a person may drift along without much energy. Having no particular sense of direction and having no will to change. Then, something happens to alter the pattern. It may be something very simple and inconsequential in itself. But it stabs awake, it alarms, it disturbs. In a flash, one gets a vivid picture of oneself, and it passes. The result is decision. Sharp, definitive decision. In the wake of the decision, yes, even as a part of the decision itself, energy is released. The act of decision sweeps all before it, and the life of the individual maybe changed forever.

I have seen the sun break through to illuminate a small field for a while, and gone my way and forgotten it. But that was the pearl of great price, the one field that had the treasure in it. I realize now that I must give all that I have to possess it. Life is not hurrying on to a receding future, nor hankering after an imagined past. It is the turning aside like Moses to the miracle of the lit bush, to a brightness that seemed as transitory as your youth once, but is the eternity that awaits you.

- RS Thomas, 'The Bright Field'



## *Excerpts from Rebecca Solnit's "Hope in the Dark"*

Hope locates itself in the premises that we don't know what will happen and that in the spaciousness of uncertainty is room to act. When you recognize uncertainty, you recognize that you may be able to influence the outcomes—you alone or you in concert with a few dozen or several million others. Hope is an embrace of the unknown and knowable, an alternative to the certainty of both optimists and pessimists. Optimists think it will all be fine without our involvement; pessimists take the opposite position; both excuse themselves from acting. It's the belief that what we do matters even though how and when it may matter, who and what is may impact, are not things we can know beforehand. We may not, in fact, know them afterward either, but they matter all the same, and history is full of people whose influence was most powerful after they were gone.

[...]

This means, of course, that the most foundational change of all, the one from which all else issues, is hardest to track. It means that politics arises out of the spread of ideas and the shaping of imaginations. It means that symbolic and cultural acts have real political power. And it means that the changes that count take place not merely onstage as action but in the minds of those who are again and again pictured only as audience or bystanders. The revolution that counts is the one that takes place in the imagination; many kinds of change issue forth thereafter, some gradual and subtle, some dramatic and conflict-ridden—which is to say that revolution doesn't necessarily look like revolution.

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**Next time, ask: What's the worst that will happen? Then push yourself a little further than you dare. Once you start to speak, people will yell at you. They will interrupt you, put you down and suggest it's personal. And the world won't end.**

**And at last you'll know with surpassing certainty that only one thing is more frightening than speaking your truth. And that is not speaking.**

~ Audre Lorde