

IT IS BITTER TEA THAT INVOLVES YOU SO: A SERMON ON HOPE

People often mistake hope for a feeling, but it's not. It's a mental discipline, an attentional practice that you can learn. Like any such discipline, it's work that takes time, which you fail at, succeed, improve, fail at again, and build over years inside yourself.

REMAKING THE WORLD

"I am scared of everything" I loud-whispered to him repeatedly. He got a little in front of me, where he gets when he thinks I might absentmindedly walk into traffic. He listened, and I explained that it wasn't just that I couldn't see my future, I couldn't even imagine it. Whatever sense I had yesterday for who I would be in six months, for who I would be for the rest of my life, it had slipped away as we had walked out of that office. All that was left was a warm, indecipherable fog.

LIVING WITHOUT SHAME IS A POLITICAL ACT

Every year on December 4th I tell people about what was done to the 21-year old revolutionary, Fred Hampton, by the government of America and his city of Chicago in 1969. But this year I wanted to talk about what Fred Hampton gave us before he was assassinated, and maybe what he could have given us if he'd lived.