

Good But Not Religious (GBNR)

DECEMBER 2020 - A monthly update on Keith Martin's work as a nonreligious chaplain and educator online

RESPONSES TO FALL GOOD BUT NOT RELIGIOUS UPDATES

OCTOBER: Fall and Thanksgiving Prayers

(Link to Keith's Trip to New England & Atlantic Canada)



"Thanks for the update Keith! I liked the secular definition of spirituality, namely, 'Having and living by life-enhancing values like goodness and compassion that lift our spirits, promote wellness, and enable relationships to be healthy.'"

"I read the two poems. They resonated deeply. A beautiful pause. Thank you!"

"Thanks for sharing your trip with us. It must have been wonderful but painful at the same time."

"Glad you could make the trip last year! Hope the memories refresh and uphold you . . . Take care!"

This fall Keith continued his monthly GBNR Updates to 140 students and adults; visited Guelph twice and Waterloo twice, meeting with 10 people: 4 students (including 2 grad students), 2 alumni, 1 student club volunteer, 2 professors and one spouse; and corresponded with several students by email, recommending resources for being and doing good especially from his website. Even though COVID-19 is keeping most students away from both campuses and from seeing his "Not Religious?" posters, he had one new student from U. of Waterloo contact him who would like to meet in the New Year. Meanwhile she's finding helpful resources on the website.

NOVEMBER: Apprends moi by Mireille Mathieu

(Link to Spreading Jenny's Ashes on Berford Lake Island)



"This was beautiful; thank you so much for sharing."

"What a powerful song that is. Sending you my best wishes."

"Thank you for letting me remember that you are going through this passage of letting go of someone who shared life and love with you for a very long time."

"I enjoyed the song and revel in your celebration of your beloved Jenny and your life together. Thank you for sharing these intimate moments."

"Our hearts ache for your loss Keith. These lyrics are beautiful. You have always been able to choose just the right song."

"Winter. And COVID. And without Jenny. That sounds unbearable. I hope you have some access to community there . . . to help you get through the next difficult six months. If you need someone to talk with, let me know and we could zoom."

"That cairn seems like a simple and meaningful way of honoring Jenny. You've done such an amazing job of memorializing her and celebrating her life. It's humbling to see."