

QUOTATIONS ON BELONGING

A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.

Brene Brown

I was so shocked to learn that the opposite of belonging is fitting in. Because fitting in is assessing a group of people and changing who you are. But true belonging never asks us to change who we are. It demands we *be* who we are.

Brene Brown

Where you belong is where you show up.

Karina Antonopoulos

Home is ultimately not about a place to live but about the people with whom you are most fully alive. Home is about love, relationship, community, and belonging, and we are all searching for home.

Erwin McManus

We can never get a re-creation of community and heal our society without giving our citizens a sense of belonging.

Patch Adams

We Unitarian Universalists have always united more on the basis of what Channing called "practical religion" rather than we have on any particular metaphysic or doctrine. By practical we mean supporting one another in our spiritual and ethical living, attempting to bear witness to our highest values in our everyday lives, and in that way having an influence on community life.

John Buehrens

It doesn't interest me if there is one god or many gods; I want to know if you belong or feel abandoned.

David Whyte

AND IN CONTRAST:

The only true belonging is the courage to stand alone and belong to ourselves.

Azriel ReShel

Some of us aren't meant to belong. Some of us have to turn the world upside down and shake the hell out of it until we make our own place in it.

Elizabeth Lowell