



# LUMUNOS

## SHINE A LIGHT ON YOUR CALLING

### Advent III: Being Worthy

**John 1:27. “I am not worthy to untie the thong of his sandal.”**

**W.E. B. Du Bois: “A true and worthy ideal frees and uplifts a people; a false ideal imprisons and lowers.”**

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Dear \*{{First Name}}\*,

The word “worthy” often has a sharp side, because deeming something as worthy involves human judgment—and the criteria underpinning human judgments are not always clear or consistent. At our best, we may try to ground our thinking about worthiness in explicit, appropriate, and fair criteria. However, unexamined and unconscious biases can skew our judgment, as can criteria that are capriciously applied. Even our calculations about our own worthiness may be inaccurate—overly modest on the one hand or self-serving and self-aggrandizing on the other.

This third week of Advent is a good time to ponder who we deem to be worthy—worthy of tangible things like shelter, healthy food, and clean water, and worthy of intangible things like respect, justice, or forgiveness. Who is worthy of medical help or financial assistance? Who is worthy of time or attention? Are we ourselves worthy of such things?

American scholar and poet W. E. B. Dubois suggests that what makes a human value worthy is whether it “frees and uplifts” or “imprisons and lowers.” The same could be said of human judgments.

*Do our beliefs and values imprison or free us?  
Do our judgments about others lower them or help lift them up?*

*Are there things all people are worthy of simply because they are human?  
Are there things no one is truly worthy of—but which, when given, we nonetheless  
gratefully receive?*

**—Angier Brock**



**\*\*Note from Staff\*\***

*These Advent Reflections will arrive weekly on Fridays to your inbox for December  
and can also be cherished in print and digital form in the Lumunos Newsletter.  
We will not be sending a December ENews.*

*Thank you for being a part of the Lumunos community.*

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