

# LIFE Talk • April 15, 2026

## SHALOM—WHOLENESS, PEACE, WELLNESS

Grow in the grace and knowledge of Jesus Christ. 2 Peter 3:18



### TODAY'S TOPIC

#### Every Soul Has a Sound—Becoming Whole in the Key of You

Rooted in Howard Thurman's wisdom, this life talk invites you to listen for the sound of the genuine—your soul's unique rhythm—and embrace wholeness as a sacred unfolding in tune with the divine melody within.

### ABOUT OUR PRESENTER



#### Rev. Dedra Herron-Slack

Rev. Dedra Herron-Slack is a midwife for the soul—an ordained minister, spiritual director, executive leader, and sacred presence in beloved communities. Rooted in Black womanist wisdom, she curates spaces of rest, ritual, and renewal. Through Soul Sabbath Spiritual Wellness, she births healing and wholeness—offering grace-filled guidance that honors the Divine within us all. Her calling is clear: to lead with presence, power, and prophetic love.

Replay videos available at [saintandrews.org/LIFEU](https://saintandrews.org/LIFEU).

900 Stillwater Road • Mahtomedi, MN 55115

[saintandrews.org](https://saintandrews.org)

651.426.3261



# LIFE Group Sheet

## SHALOM—WHOLENESS, PEACE, WELLNESS

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### GETTING STARTED

Share in a spiritual practice, discuss an igniter question, and/or begin with prayer.

*Creator God, thank you for the opportunity to gather with each person here, to grow in faith and knowledge together, and for the gift of your Holy Spirit. Bless our time, our conversation, and how we care for one another. Amen.*

### FIRST IMPRESSIONS

Briefly share (in pairs or 3s) your initial reaction to what you heard in the LIFE Talk.

Prompts: What stood out to you? What is stirring inside of you? What are you thinking, feeling, or wondering about?

### DIGGING DEEPER

#### Question 1: Listening for Your Sound

Where in your life do you sense the “sound of the genuine” most clearly right now—and where does it feel muted, hidden, or out of reach?

#### Question 2: Naming the Noise

What voices, expectations, or experiences have shaped—or distorted—your sense of your own “key”? How have you learned to adapt, and what might it mean to return to your own sound?

#### Question 3: Resonance and Community

Recall a moment when someone’s authenticity gave you permission to be more fully yourself. What did that feel like—and how might you offer that same kind of presence to others?

### CLOSING PRAYER

Offer a prayer to draw your time to a close, using one of your own or the one below.

*God of wisdom and beauty, thank you for this time together. Help us as we live out our faith this week and share what we have learned. Make us instruments of your peace and healing love, as we grow in grace and knowledge of Jesus. In Christ's holy name we pray, Amen.*

**To join a LIFE Group, contact Sue Lennartson at [slennartson@saintandrews.org](mailto:slennartson@saintandrews.org)**



## **Every Soul Has a Sound: Becoming Whole in the Key of You**

**Rev. Dedra Herron-Slack,**

**Soul Sabbath Spiritual Wellness**

*Rooted in Howard Thurman's wisdom, this life talk invites you to listen for the sound of the genuine—your soul's unique rhythm—and embrace wholeness as a sacred unfolding in tune with the divine melody within. Howard Thurman was a social pioneer, compassionate mystic and mentor to Martin Luther King Jr. (who introduced him to Gandhi). Excerpt below from Baccalaureate address at Spelman College in 1980.*

There is in every person something that waits and listens for the sound of the genuine ... There is in you something that waits and listens for the sound of the genuine in yourself. Nobody like you has ever been born and no one like you will ever be born again -- you are the only one.

If you cannot hear it, you will never find whatever it is for which you are searching and if you hear it and then do not follow it, it was better that you had never been born. You are the only you that has ever lived; your idiom is the only idiom of its kind in all the existences, and if you cannot hear the sound of the genuine in you, you will all of your life spend your days on the ends of strings that somebody else pulls.

The sound of the genuine is flowing through you. Don't be deceived and thrown off by all the noises that are part even of your dreams and your ambitions when you don't hear the sound of the genuine in you. Because that is the only true guide you will ever have and if you don't have that you don't have a thing ... Cultivate the discipline of listening to the sound of the genuine in yourself.

There is something in everybody that waits and listens for the sound of the genuine in other people... I must wait and listen for the sound of the genuine in you. I must wait. For if I cannot hear it, then in my scheme of things, you are not ever present. So, as I live my life then, this is what I am trying to fulfill...that I'm secure because I hear the sound of the genuine in myself, and having learned to listen to that, I can become quiet enough, still enough to hear the sound of the genuine in you.

Now if I hear the sound of the genuine in me and if you hear the sound of the genuine in you, it is possible for me to go down in [my spirit] and come up in [your spirit]. So that when I look at myself through your eyes having made that pilgrimage, I see in me what you see in me. [Then] the wall that separates and divides will disappear, and we will become one -- because the sound of the genuine makes the same music.