2026 Theme: OPEN AT THE TOP
June Theme: Higher Deeper Love
Week 25: *What's Love Got To Do With It?*
June 21st thru June 27, 2026

The love ethic is a philosophical and social framework popularized by author bell hooks. It redefines love as an active, daily choice rooted in care, respect, trust, responsibility, and knowledge.

TALK NOTES:

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GOING DEEPER

The Love Ethic's 5 Core Pillars

According to the framework, a love ethic requires actively practicing these 5 core pillars in **EVERY** relationship—from romantic partners to strangers and the broader community:

Care: Actively nurturing the well-being and growth of yourself and others.

- I am practicing CARE for myself by:
- I am practicing CARE for others by:

Respect: Honoring the dignity and lived experiences of people without trying to dominate them.

- I am practicing RESPECT for myself by:
- I am practicing RESPECT for others by:

Knowledge: Taking the time to deeply understand who the other person is and what they actually need.

- I am practicing KNOWLEDGE for myself by:
- I am practicing KNOWLEDGE for others by:

Responsibility: Assuming accountability for your actions and the energy you bring into a space.

- I am practicing RESPONSIBILITY for myself by:
- I am practicing RESPONSIBILITY for others by:

Trust: Fostering honesty, openness, and emotional safety.

- I am practicing TRUST for myself by:
- I am practicing TRUST for others by: