

Oh Great Spirit, Ancestor Spirit, Spirit of Land and Place, Spirit of Mystery, God of Light, God of Love, God of Peace, God of Understanding - help me to rise about fear and despair. Help me to understand that humans make mistakes, at times monumental, yet can learn, evolve, adapt, and create greater opportunities from the learning. Help me to understand the undercurrents of divisiveness and find common ground to guide the work of doing my best for my community, nation and world. Help me remember the strength of my ancestors. Help me see the possibilities for increased dialogue about what really matters and how we work toward those goals. Please give me strength to stand in the power of my convictions and my faith, to not hide in fear, and to remember the inherent worth and dignity of every human being. Help me to not strike out in anger at those with whom I disagree, but to reach out in love, to model what most matters. Help me to stand on the side of love, peace and understanding. May it be so and may we make it so.

Sue Caulfield, People's Church, Kalamazoo, MI

Long, too long America,
Traveling roads all even and peaceful you learned from joys and
prosperity only.
But now, ah now, to learn from crises of anguish, advancing,
grappling with direst fate and recoiling not,
And now to conceive and show to the world what your children
en-masse really are, (For who except myself has yet conceiv'd what your children
en-masse really are?)

Walt Whitman, LEAVES OF GRASS, 1891-92

It's a blessing you were born
What each of us knows about god is a piece of the truth
It matters what you do
You don't have to do it alone.

Rev. Amy Beltaine, Portland OR, from a colleague in Alabama

"We are not enemies, but friends. We must not be enemies.

Though passion may have strained, it must not break our bonds of affection.

The mystic chords of memory will swell

when again touched, as surely they will be, by the better angels of our nature."

Abraham Lincoln, via Roy Zimmerman

For My Young Friends Who Are Afraid

There is a country to cross you will find in the corner of your eye, in the quick slip of your foot—air far down, a snap that might have caught. And maybe for you, for me, a high, passing voice that finds its way by being afraid. That country is there, for us, carried as it is crossed. What you fear will not go away: it will take you into yourself and bless you and keep you. That's the world, and we all live there.

William Stafford

The Day After, 2016

A thin fog obscures the actual dawn
and yet there is a strange
clarity to the news of the day.
Because this energy is where we began.
Truly, and lest we forget, this
is how "we" were actually formed
the "we that thinks
of itself as this nation, the USA.

Now is the time to use our gifts
to truly bless the actual world.
I am walking this path with you, beloveds,
and by *beloveds* I mean *every soul*
as we breathe each others breath, together.

May we begin learning how to truly
be *with* each other in ways that comfort
be *for* each other in ways that heal
and by *each other* I mean *every* soul.

Jesse Ford (copyright)

Let there be peace, welfare and righteousness in every part of the world.

Let confidence and friendship prevail
for the good of east and west
for the good of the needy south
for the good of all humanity

Let the people inspire their leaders
helping them to seek peace by peaceful means
helping them and urging them
to build a better world
a world with a home for everybody
a world with food and work for everybody
a world with spiritual freedom

for everybody.

Let those who have the power of money be motivated by selfless compassion
Let money become a tool for the good of humankind.

Let those who have power deal respectfully with the resources of the planet.
Let them respect and maintain the purity of the air, water, land and subsoil.
Let them co-operate to restore the ecological soundness of Mother Earth.

Let trees grow up by the billions around the world.
Let green life invade the deserts.

Let industry serve humanity
and produce waste that serves nature.

Let technology respect
the holiness of Mother Earth.

Let those who control the mass media
contribute to create mutual understanding
contribute to create optimism and confidence.

Let ordinary people meet by the millions across borders.
Let them create a universal network of love and friendship.

Let billions of human beings co-operate to create a good future
for their children and grand-children.

Let us survive in peace and harmony with Mother Earth.

Hagen Hasselbalch

Prayer for the Morning

Did you rise this morning,
broken and hung over
with weariness and pain
and rage tattered from waving too long in a brutal wind?
Get up, child.
Pull your bones upright
gather your skin and muscle into a patch of sun.
Draw breath deep into your lungs;
you will need it
for another day calls to you.
I know you ache.
I know you wish the work were done
and you
with everyone you have ever loved
were on a distant shore
safe, and unafraid.
But remember this,

tired as you are:
you are not alone.
Here
and here
and here also
there are others weeping
and rising
and gathering their courage.
You belong to them
and they to you
and together,
we will break through
and bend the arc of justice
all the way down
into our lives.

Audette Fulbright Fulson (UUA)

"The Thing Is..."

to love life, to love it even
when you have no stomach for it
and everything you've held dear
crumbles like burnt paper in your hands,
your throat filled with the silt of it.
When grief sits with you, its tropical heat
thickening the air, heavy as water
more fit for gills than lungs;
when grief weights you like your own flesh
only more of it, an obesity of grief,
you think, How can a body withstand this?
Then you hold life like a face
between your palms, a plain face,
no charming smile, no violet eyes,
and you say, yes, I will take you
I will love you, again.

Ellen Bass

...I count my blessings every day that I am an American. And I still believe, as deeply as I ever have, that if we stand together and work together, with respect for our differences, strength in our convictions, and love for this nation -- our best days are still ahead of us.

You know I believe we are stronger together and will go forward together. And you should never be sorry that you fought for that.

Scripture tells us: "Let us not grow weary in doing good, for in due season, we shall reap, if we do not lose heart." My friends, let us have faith in each other. Let us not grow weary. Let us not lose heart. For there are more seasons to come and there is more work to do.

Hillary Clinton