

## Meditations on Love -----

O love, pure deep love, be here, be now  
Be all; worlds dissolve into your  
Stainless endless radiance.  
Frail living leaves burn with you brighter than cold stars  
Make me your servant, your breath, your core.

*Jelaluddin Rumi*

Looking down into my father's  
dead face  
for the last time  
my mother said without  
tears, without smiles  
without regrets  
but with civility  
"Goodnight Willie Lee, I'll see you in the morning."  
And it was then I knew that the healing of  
all our wounds  
is forgiveness  
that permits a promise of our return  
at the end.

*Alice Walker*

loving your neighbor is all very fine when you have nice neighbors.  
this is why people choose the town they live in. we all want nice  
neighbors...i ask you.

& joan of arc was noisy. she must have made a lousy neighbor. &  
jesus giving everything away- & ghandi, a walking guilt trip. some  
people make nicer neighbors than others. but there you have it. city  
planning. funny how essays on politics, on war and peace, seem to  
talk about love.

*Alta*

## READINGS AND MEDITATIONS

*To Share with Family and Friends...*

*February 2015*

*Unitarian Universalist Fellowship of Corvallis*

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But how are we to love when we are stiff and numb and  
disinterested?...By what process and what agency do we  
perform the Great Work, transforming lowly materials into  
Gold?

Love, like its counterpart Death, is a yielding at the center.  
Not in the sentiment. Nor in the genitals.

Look deep into my eyes and see the love-light.  
Figured forth in intelligent cooperation, sensitive congeniality,  
physical warmth.  
At the center love must live.

One gives up all one has for this.  
This is the love that resides in the self, the self-love, out of which  
all love pours. The fountain, the source.  
At the center.

One gives up all the treasured sorrow and self-mistrust, all the  
precious loathing and suspicion, all the secret triumphs of  
withdrawal. One bends in the wind... It takes all ones strength.  
And yet it takes all ones weakness too...

Love is not a doctrine. Peace is not an international agreement.  
Love and peace are beings who live as possibilities in us.

*Mary Caroline Richards, in Centering*

## Mealtime Graces and Blessings-----

May we hold hands quietly for a moment....  
Feeling love flow around us and through us,  
Knowing that as we give love away there is always more within.

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For food in a world where many walk in hunger  
For faith in a world where many walk in fear  
For friends in a world where many walk alone;  
For these and all the gifts of life, we raise our hands and our hearts in  
thanks. (Hold hands and raise them overhead, together.)

*(adapted from Huron Hunger Fund, Anglican church of Canada)*

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Earth, (or God), we thank you for this food  
For rest and home and all things good  
For wind and rain and sun above  
But most of all for those we love.

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May the love we share around this table with family and friends  
renew us in spirit.  
May the spirit of hope, joy, peace, and love dwell within our  
hearts  
This day and forever more. Amen.

A small collection of UU table graces can be found in the *Handbook of Religious Services*, available from the UUA Bookstore: <http://www.uua.org/bookstore/>

## Wisdom from the World's Traditions for Greeting the Day

Waking up this morning, I smile  
Twenty four brand new hours are before me  
I vow to live fully in each moment  
And to look at all beings with eyes of compassion.

*Thich Nhat Hanh*

Look to this day, for it is life  
The very life of life.  
In its brief course lie all the realities and verities of existence  
The bliss of growth, the splendor of action, the glory of power-  
For yesterday is but a dream, and tomorrow is only a vision  
But today, well lived, makes every yesterday a dream of happiness  
And every tomorrow a vision of hope,  
Look well, therefore to this day.

*Sanskrit Proverb*

Better than a hundred years lived in ignorance, without  
contemplation, is one single day of life lived in wisdom  
and in deep contemplation.

Better than a hundred years lived in idleness and in weakness is a  
single day lived with courage and powerful striving.

Better than a hundred years not considering how all things arise and  
pass away is one single day of life if one considers how all things arise  
and pass away.

Better than a hundred years not seeing one's own immortality is one  
single day of life if one sees one's own mortality.

*The Dhammapada (Buddhist)*

Whoever is planted in the Tao will not be rooted up.  
Whoever embraces the Tao will not slip away.  
Her name will be held in honor from generation.

Let the Tao be present in your life and you will become genuine.  
Let it be present in your family and your family will flourish.  
Let it be present in your country and your country will be an example  
to all the countries of the world.  
Let it be present in the universe and the universe will sing.

How do I know this is true?  
By looking inside myself.

*Tao te Ching, Stephen Mitchell*