

At the Table -----

With thanks we gather to share this food, grateful for all that blesses our lives.

May the longtime sun shine upon us,

All love surround us,

And the sweet light within us guide us on our way.

It is the season of growing: the seed has pushed through the earth and the leaves have unfolded to welcome the sun, their source of life.

Now is the time for tending and for care. May the rain come gently, the water of life. May the sun shine brightly, providing warmth and energy. May the weeds be tended and removed, so that the food may fully grow. May the gardener be mindful and thankful, and always in awe of the force of life, which grows the food from the seed.

And may it be so with us, and with our lives.

Incline us, O God!

To think humbly of ourselves

To be saved only in the examination of our own conduct

To consider our fellow creatures in kindness

And to judge all they say and do with the charity

Which we would desire from them ourselves.

Jane Austen

A Chalice Lighting

May the light of this flame remind us that each of us can offer goodness and love, and that each of us can be a blessing to the world.

(In Czech): Necht' hoří tento plamen a připomíná nám, že každý z nás může světu přinášet dobro a lásku, že každý z nás může být světu požehnáním.

*-Petr Samojsky, Minister
Religious Society of Czech Unitarians*

Wisdom for Aging-----

What a man knows at fifty that he did not know at twenty is for the most part, incommunicable. All the observations about life which can be communicated handily are as well known to a man at twenty who has been attentive as to a man at fifty. He has been told them all, he has read them all, but he has not lived them all. What he knows at fifty that he did not know at twenty is not the knowledge of formulas or forms of words but of people, places, actions, a knowledge gained not by words but by touch, sight, sound, victories, failures, sleeplessness, devotion, love – the human experiences and emotions of this earth and oneself and other people; and perhaps too a little faith and reverence for the things you cannot see”

Adlai Stevenson

Wisdom is having things right in your life
And knowing why.

If you do not have things right in your life
You will be overwhelmed:

You may be heroic, but you will not be wise.

If you have things right in your life

But do not know why,

You are just lucky, and you will not move

In the little ways that encourage good fortune.

The saddest are those not right in their lives

Who are acting to make things right for others:

They act only from the self—

And that self will never be right;

No luck, no help, no wisdom.

William Stafford

In the Buddha's teachings on transience, his point is that everything is *always* changing. When we take loved objects into our egos with the hope or expectation of having them forever, we are deluding ourselves and postponing an inevitable grief. The solution is not to deny attachment but to become less controlling in how we love. From a Buddhist perspective, it is the very tendency to protect ourselves against mourning that is the cause of the greatest dissatisfaction.

Marc Epstein, in Going to Pieces Without Falling Apart

Readings-----

I am seeking strength to refrain from the unkind silence that is born of hardness of heart; the unkind silence that clouds the serenity of understanding and is the enemy of peace.

I am seeking strength to be the first to tender the healing word and the renewal of friendship, that the bonds of amity and the flow of charity may be strengthened.

Cecil Hunt

Be patient with everyone, but above all your self...do not be disheartened by your imperfections, but always rise up with fresh courage. How are we to be patient in dealing with our neighbors faults if we are impatient in dealing with our own? They who are fretted by their own failings will not correct them. All profitable correction comes from a calm and peaceful mind.

Francis de Sales

A Daily Meditation-----

Morning:

I greet you morning. Another day given to me. I breathe in the early morning air, I smell the wind and sun and earth, I hear the sounds of life around me. May I give my best to this day, may I be slow to judge and quick to be thankful. May love and compassion live through me, into the world.

(Write a short list of what you want to give to the world today – ways in which love might live through you.)

Evening:

I greet you night time. Another time of rest given to me. I breathe in the evening air, I smell the wind, I hear the sounds of life around me. In this quiet moment, I recall this day:

(Write a short list of the things you are thankful for this day.)

READINGS AND MEDITATIONS

To Share with Family and Friends

July 2014

Unitarian Universalist Fellowship of Corvallis

My help is in the mountain
where I take myself to heal
the earthly wounds
that people give me.

I find a rock with sun on it
and a stream where the water runs gentle
and the trees which one by one give me company.

So must I stay for a long time
until I have grown from the rock
and the stream is running through me
and I cannot tell myself from one tall tree.

Then I know that nothing touches me
nor makes me run away.

My help is in the mountain
that I take away with me.

Earth cure me. Earth receive my woe. Rock strengthen me.

Rock receive my weakness. Rain was my sadness away.

Rain receive my doubt. Sun make sweet my song.

Sun receive the anger from my heart.

Nancy Wood