

## **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.

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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.

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The food which we are about to eat is Earth, Water and Sun, compounded through the alchemy of many plants. Therefore Earth, Water and Sun will become part of us. This food is also the fruit of the labor of many beings and creatures. We are grateful for it. May it give us strength, health, and joy. And may it increase our love.

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## **A Chalice Lighting** (English and Spanish)-----

We light this chalice to remember that life is born again every day.

Encendemos este cáliz como recuerdo de que la vida nace de nuevo cada día.

## **Meditations on Earth**-----

Wherever you are is home  
And the earth is paradise  
Wherever you set your feet is holy land...  
You don't live off it like a parasite.  
You live in it, and it in you,  
Or you don't survive.

And that is the only true worship of God there is.

*Wilfred Pelletier and Ted Poole (adapted)*

## Lost

Stand still. The trees ahead and bushes beside you  
Are not lost. Wherever you are is called Here,  
And you must treat it as a powerful stranger,  
Must ask permission to know it and be known.  
The forest breathes. Listen. It answers,  
I have made this place around you.  
If you leave it, you may come back again, saying Here.  
No two trees are the same to Raven.  
No two branches are the same to Wren.  
If what a tree or a bush does is lost on you,  
You are surely lost. Stand still. The forest knows  
Where you are. You must let it find you.

*David Waggoner*

O our mother the earth, O our father the sky  
Your children are we, and with tired backs we bring you gifts  
that you love.  
Then weave for us a garment of brightness  
May the warp be the white light of morning  
May the weft be the red light of evening  
May the fringes be the falling rain  
May the border be the standing rainbow  
Thus weave for us a garment of brightness  
That we may walk fittingly where grass is green  
O our mother the earth, O our father the sky!

*Tewa Pueblo Prayer*

I have come to terms with the future  
From this day on I will walk easy on the earth.  
Plant trees. Kill no living things. Live in harmony with all creatures.  
I will restore the earth where I am.  
Use no more resources than I need.  
And listen, listen, to what is it telling me.

*MJ Slim Hooley*

**Invocation** ----- by John Seed

....May we grow into true understanding—a deep understanding that inspires us to protect the tree on which we bloom, and the water, soil and atmosphere without which we have no existence.

May we turn inwards and stumble upon our true roots in the intertwining biology of this exquisite planet. May nourishment and power pulse through these roots, and fierce determination to continue the billion-year dance.

May love well up and burst forth from our hearts.

May there be a new dispensation of pure and powerful consciousness and the charter to witness and facilitate the healing of the tattered biosphere.

We ask for the presense of the spirit of Gaia to be with us here. To reveal to us all that we need to see, for our own highest good and for the highest good of all.

We call upon the spirit of evolution, the miraculous force that inspires rocks an dust to weave themselves into biology. You have stood by us for millions and billions of years – do not forsake us now. Empower and awaken in us pure and dazzling creativity....

Awaken in us a sense of who we truly are; tiny ephemeral blossoms on the Tree of Life. Make the purposes and destiny of that tree our own purposes and destiny.

Fill each of us with love for our true Self, which includes all the creatures and plants and landscapes of the world. Fill us with a powerful urge for the well-being and continual unfolding of *this* Self.

May we speak in all human councils on behalf of the animals and plant and landscapes of the Earth.

May we shine with a pure inner passion that will spread rapidly through these leaden times.

May we all awaken to our true and only nature – none other than the nature of Gaia, this living planet Earth.

# READINGS AND MEDITATIONS

*To Share with Family and Friends*

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*August 2014*

*Unitarian Universalist Fellowship of Corvallis*

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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*