

SEPTEMBER 2022

MONTHLY MUSINGS FROM UUMFE

uumfe.org

September: AWE

EMBODIMENT

PAGE 2

EMPOWERMENT

PAGE 4

ENGAGEMENT

PAGE 5

Welcome to Monthly Musings from UUMFE

The Unitarian Universalist Ministry for Earth is delighted to share our newest endeavor designed to help your congregants connect their spiritual practice to care for Earth and all her inhabitants. We invite you to commit to supporting the flourishing of all life!

Each month, your congregation will get a copy of MONTHLY MUSINGS FROM UUMFE focused on a different theme and filled with materials to help with your EMPOWERMENT, EMBODIMENT, & ENGAGEMENT in the face of climate chaos and environmental injustice. We hope you use these resources for worship, contemplation proactive, and religious exploration at your congregation.



UNITARIAN UNIVERSALIST MINISTRY FOR EARTH

Respect Life. Restore Earth. Renew Spirit.



EMBODIMENT - SPIRITUAL GROUNDING

CHALICE LIGHTING

by Rev Dr Leonisa Ardizzone

We light this chalice believing that all life on Earth must flourish. May we encounter Earth's blessings and beings with awe and reverence so that we may embody the spirit of stewardship ever mindful of the vast wondrous planet we call home.

OPENING WORDS

by N. Scott Momaday

We humans must revere the earth, for it is our well-being. Always the earth grants us what we need. If we treat the earth with kindness, it will treat us kindly. If we give our belief to the earth, it will believe in us. There are those who believe that the earth is dead. They are deceived. The earth is alive, and it is possessed of spirit. Consider the holy tree. It can be allowed to thirst. It can be cut down. Worst of all, it can be denied our faith in it, our belief. But if we speak to it, if we pray, it will thrive.

MEDITATION

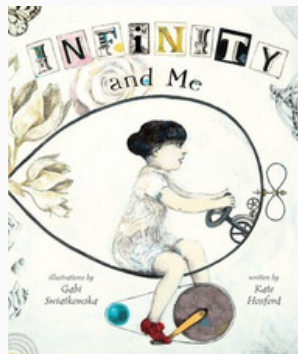
by Rabbi Nachman of Bratzlav

Grant me the ability to be alone,
May it be my custom to go outdoors each day
among the trees and grasses,
among all growing things
and there may I be alone,
and enter into prayer
and talk with the one
that I belong to.

TIME FOR ALL AGES

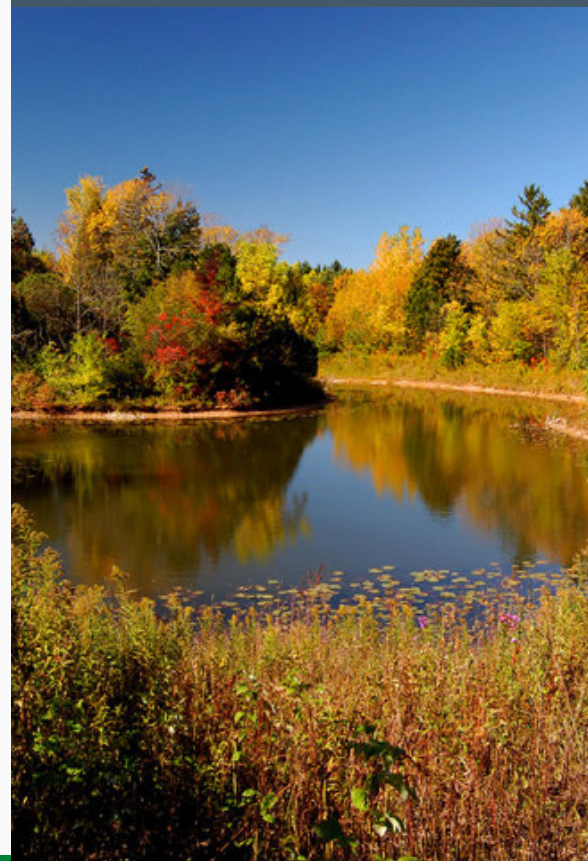
"Infinity and Me" by Kate Hosford

While this book is about numbers - a child pondering the concept of "infinity" - it invites us to explore a concept so vast and overwhelming that we cannot help but be filled with awe...and many more questions!



SERMON PROMPT:

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts... There is something infinitely healing in the repeated refrains of nature — the assurance that dawn comes after night, and spring after winter.” —Rachel Carson, Silent Spring



READING

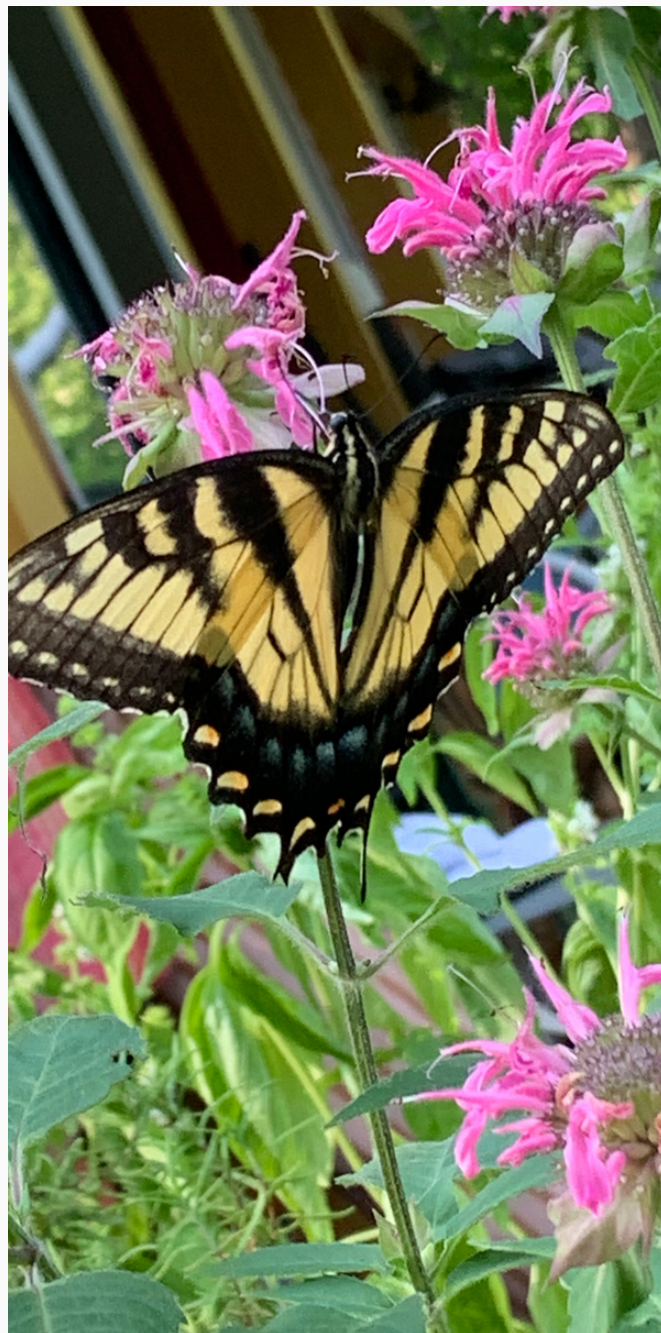
The Gospel of Nature by John Burroughs

Burroughs was asked by a Christian Pastor to come visit his church and talk about the gospel of Nature... he writes:

What had all my many years of journeyings to Nature yielded me that would supplement or reinforce the gospel he was preaching? Had the birds taught me any valuable lessons? Had the four-footed beasts? Had the insects? Had the flowers, the trees, the soil, the coming and the going of the seasons? Had I really found sermons in stones, books in running brooks and good in everything? Had the lilies of the field, that neither toil nor spin, and yet are more royally clad than Solomon in all his glory, helped me in any way to clothe myself with humility, with justice, with truthfulness?

It is not easy for one to say just what he owes to all these things. Natural influences work indirectly as well as directly; they work upon the subconscious, as well as upon the conscious, self.

Emerson says that "the day does not seem wholly profane in which we have given heed to some natural object." If Emerson had stopped to qualify his remark, he would have added, if we give heed to it in the right spirit, if we give heed to it as a nature-lover and truth-seeker. Nature love as Emerson knew it... has distinctly a religious value. It does not come to a man or a woman who is wholly absorbed in selfish or worldly or material ends. The forms and creeds of religion change, but the sentiment of religion--the wonder and reverence and love we feel in the presence of the inscrutable universe--persists.



MUSICAL MEDITATION

RELAXING CELTIC MUSIC:

FANTASY MUSIC, BEAUTIFUL MUSIC, RELAXING MUSIC
"THE FAIRY WOODS" BY TIM JANIS

AYLA NEREO: ALL OF THIS

EMPOWERMENT - LEARNING & TRANSFORMATION

BOOK SUGGESTION

N Scott Momaday (2022)

[“Earth Keeper: Reflections on the American Land”](#)

AWE-FILLED LINK:

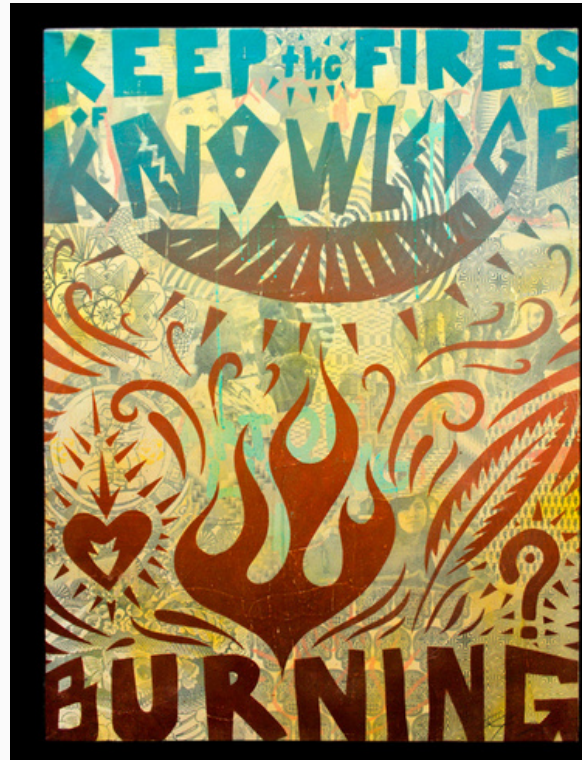
[The Awe of Nature in photographs](#)

<https://maptia.com/cristinamittermeier/stories/the-awe-of-nature>

ARTICLE OF INTEREST:

[The Psychology of Awe: Awe in Nature](#)

<https://www.psychologytoday.com/us/blog/finding-new-home/201807/the-psychology-awe-awe-in-nature>





ENGAGEMENT - ADAPTATION & INNOVATION

FIVE SENSES ACTIVITY

Pick a spot outdoors, get comfortable, and focus on two natural specimens. Examine each specimen closely and describe each one - in writing or to a partner - based on what they LOOK like, SOUND like, SMELL like, FEEL like, and what they might taste like. (Though, probably best not to lick things!)

Turn your observations into a poem or story and share it with someone else. BE sure to thank your specimens for spending time with you!

SEPTEMBER EVENTS WITH UUMFE

7th - Biodiversity Curriculum gathering

7th - SLCC meeting

14th - BIPOC Caucus gathering

11th-14h - Faith in Place Summit

15th - 19th - Stories & Songs Gathering

DETAILS AT UUMFE.ORG

Questions about Monthly Musings? Please email Rev Dr Leonisa Ardizzone at leonisa.ardizzone@uumfe.org

—CREATE—
CLIMATE JUSTICE