

DECEMBER 2022

MONTHLY MUSINGS FROM UUMFE

uumfe.org

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.

As winter approaches, we invite you to find time to slow down, connect with that which is greater than you, and practice reverence for the wonders of creation.

December: Reverence

EMBODIMENT

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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 as a practice of reverence. Reverence for Earth and the many blessings she bestows upon us. Reverence for the variety of life that surrounds us. Reverence for the elements that make all things. Reverence for all our earthly siblings - members of our interconnected web. May we be swept away by awe as we ponder the vastness of existence and may that awe remind us of the part we play as caretakers of Earth and voices for justice.

OPENING WORDS

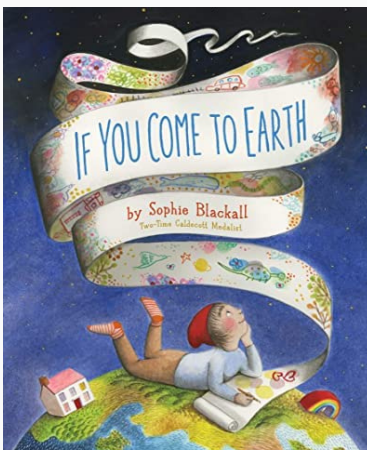
by David Brower, Founder of Earth Island Institute

We seek a renewed stirring of love for the Earth. We plead that what we are capable of doing to it is often what we ought not to do. We urge that all people now determine that an untrammelled wilderness shall remain here to testify that this generation had love for the next. We would celebrate a new renaissance. The old one found a way to exploit. The new one has discovered the Earth's limits. Knowing those limits, we may learn anew what compassion and beauty are, and pause to listen to Earth's music. We may see that progress is neither the accelerating speed with which we multiply and subdue the Earth nor the growing number of things we possess and cling to. It is a way along which to search for truth, to find serenity and love and reverence for life, to be part of an enduring harmony, trying hard not to sing out of tune.

TIME FOR ALL AGES

If You Come to Earth by Sophie Blackall

Inspired by the thousands of children Sophie Blackall has met during her travels around the world in support of UNICEF and Save the Children, Sophie Blackall has created a glorious guide to our home planet.



SERMON PROMPT:

“Standing face to face with the world, we often sense a spirit which surpasses our ability to comprehend. The world is too much for us. It is crammed with marvel. The glory is not an exception but an aura that lies about all being, a spiritual setting of reality.”

— Abraham Joshua Heschel



MEDITATION

by Indigenous Canadian (Ojibway) storyteller, Richard Wagamese

The beginning of wisdom is the same as its attainment: wonder. The truest statement in the world is “you never know.” There is always something to evoke wonder, to wonder about, because this world, this life, this universe, this reality is far more than just the sum of its parts. Even the slightest detail contains much more. The overwhelming awe and wonder we feel teach us more than we can ever glean or come to know of things. In the presence of that wonder, the head has no answers and the heart has no questions

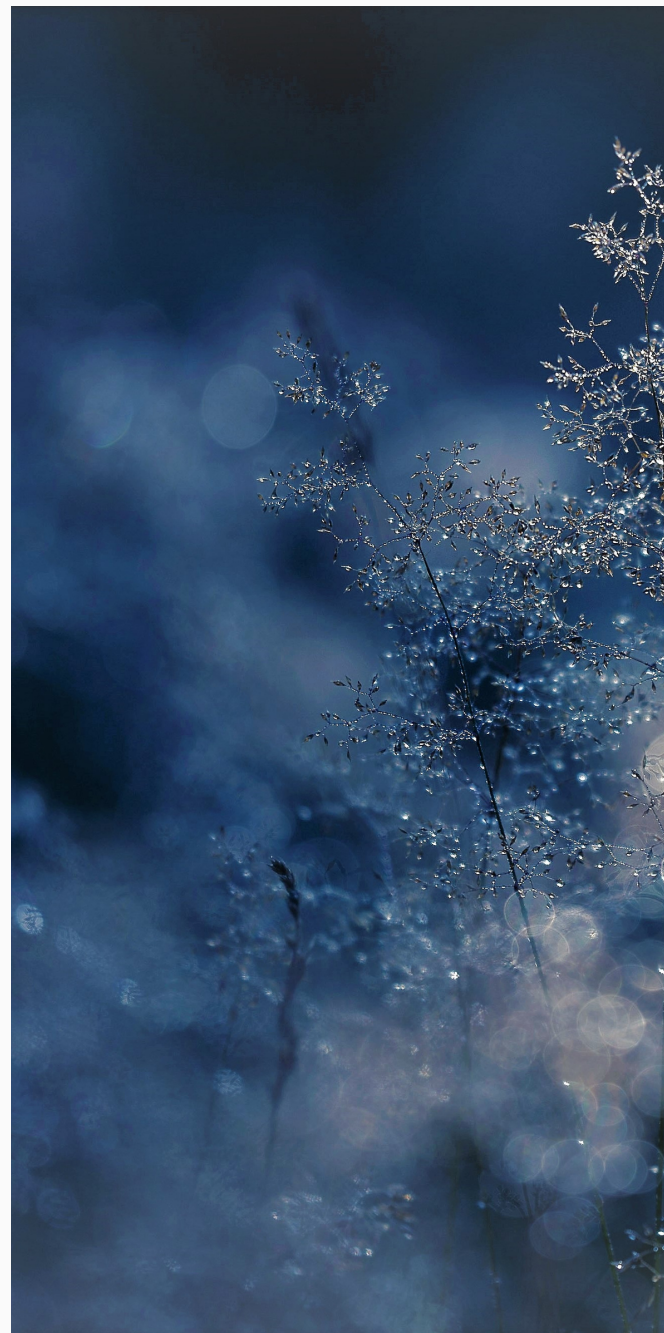
READING

by Robin Wall Kimmerer, Braiding Sweetgrass

Imagine that while our neighbors were holding a giveaway, someone broke into their home to take whatever he wanted. We would be outraged at the moral trespass. So it should be for the Earth. The Earth gives away for free the power of wind and sun and water, but instead, we break open the Earth to take fossil fuels. Had we taken only that which is given to us, had we reciprocated the gift, we would not have to fear our own atmosphere today.

We are all bound by a covenant of reciprocity: plant breath for animal breath, winter and summer, predator and prey, grass and fire, night and day, living and dying. Water knows this, clouds know this. Soil and rocks know they are dancing in a continuous giveaway of making, unmaking, and making again the Earth.

Our elders say that ceremony is the way we can remember to remember. In the dance of the giveaway, remember that the Earth is a gift that we must pass on, just as it came to us. When we forget, the dances we'll need will be for mourning. For the passing of polar bears, the silence of cranes, for the deaths of rivers and the memory of snow. ent in the chaos, and ride it like dawn skimming the horizon?



MUSICAL MEDITATION

[ROCKS & WAVES SONG CIRCLE - I \(ROCKS & WAVES\)](#)

EMPOWERMENT - LEARNING & TRANSFORMATION

BOOK SUGGESTION

[The Story of More by Hope Jahren](#)

AWE-FILLED LINKS:

[Interfaith Calendar of Light](#)

["True Sustainability: Cultivating a Pro-Future \(Indigenous\) Heart and Mind" Sermon by Michael Dowd](#)

ARTICLE OF INTEREST:

["Reverence as a Spiritual Practice" by Frederic and Mary Ann Brussat](#)





ENGAGEMENT - ADAPTATION & INNOVATION

MINDFULNESS ACTIVITY

Find an object or location you notice everyday - maybe inside a door frame, maybe looking out of a window, maybe just outside of where you live. Let the presence of this object or location serve as your reminder for a mindfulness exercise to ground you in the moment - give yourself time to notice what you see, hear, feel, taste, smell.

DECEMBER EVENTS WITH UUMFE

5th - UUMFE Concert Fundraiser with Sanctuary Boston (8pm EST)

7th - Strengthening Local Climate Commitments Call (5-7pm EST))

12th - NEW! Monthly Minister Book Club (3:00-4:30pm EST)

21st - "Evergreen" A Winter Solstice (Yule) Service (4-5:30pm EST)

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DETAILS AT UUMFE.ORG

QUESTIONS ABOUT MONTHLY MUSINGS? PLEASE EMAIL
REV DR LEONISA ARDIZZONE AT
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SUPPORT UUMFE - CONSIDER MINISTRY FOR EARTH FOR YOUR
CONGREGATION'S SHARE THE PLATE OFFERING

—CREATE— CLIMATE JUSTICE