

FEBRUARY 2023

# MONTHLY MUSINGS FROM UUMFE

[uumfe.org](http://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, contemplative practice, and religious exploration at your congregation.

Let us cultivate a deep love for Earth and all our relations.

## FEBRUARY: LOVE

EMBODIMENT

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# UNITARIAN UNIVERSALIST MINISTRY FOR EARTH

*Respect Life. Restore Earth. Renew Spirit.*



# EMBODIMENT - SPIRITUAL GROUNDING

## CHALICE LIGHTING

by Laura Wallace

As frozen earth holds the determined seed,  
this sacred space holds our weariness, our  
worry, our laughter and our celebration.  
Let us bring seed and soul into the light  
of thought, the warmth of community,  
and the hope of love.  
Let us see together, hear together,  
love together. Let us worship.

## OPENING WORDS

from the Rig Veda

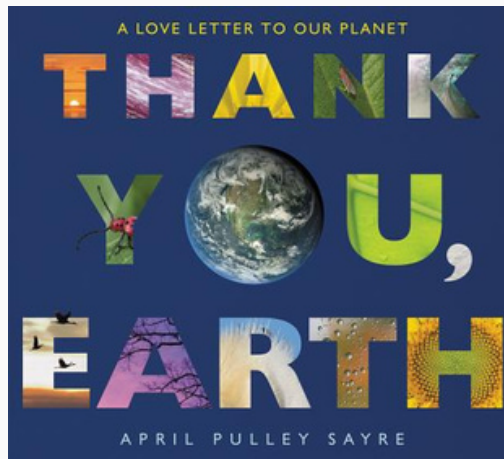
Let us be united;  
Let us speak in harmony;  
Let our minds apprehend alike.  
Common be our prayer;  
Common be the end of our assembly;  
Common be our resolution;  
Common be our deliberations.  
Alike be our feelings;  
Unified be our hearts;  
Common be our intentions;  
Perfect be our unity.

## TIME FOR ALL AGES

“Thank You, Earth”

by April Pulley Sayre

Poetry and photography come  
together in this beautiful  
invitation to appreciate all of  
Earth’s gifts.



## SERMON PROMPT:

“Delight in simple things.”

— Rudyard Kipling





## MEDITATION

“Eagle Poem” by Joy Harjo

To pray you open your whole self  
To sky, to earth, to sun, to moon  
To one whole voice that is you.

And know there is more  
That you can't see, can't hear;  
Can't know except in moments  
Steadily growing, and in languages  
That aren't always sound but other  
Circles of motion.

Like Eagle that Sunday morning  
Over Salt River. circled in blue sky  
In wind, swept our hearts clean  
With sacred wings.

We see you, see ourselves and know  
That we must take the utmost care  
And kindness in all things.

Breathe in, knowing we are made of  
All this, and breathe, knowing  
We are truly blessed because we  
Were born, and die soon within a  
True circle of motion,  
Like eagle rounding out the morning  
Inside us.

We pray that it will be done  
In beauty.  
In beauty.

## MUSICAL MEDITATION

SUNSET VILLAGE BY BEVERLY GLENN-COPELAND

## READING

by Mary de La Vilette

Let us understand  
the gravity of our situation.

Let us understand  
that our only Redemption  
is love.

Love for a small, endangered planet  
on which we are utterly dependent.

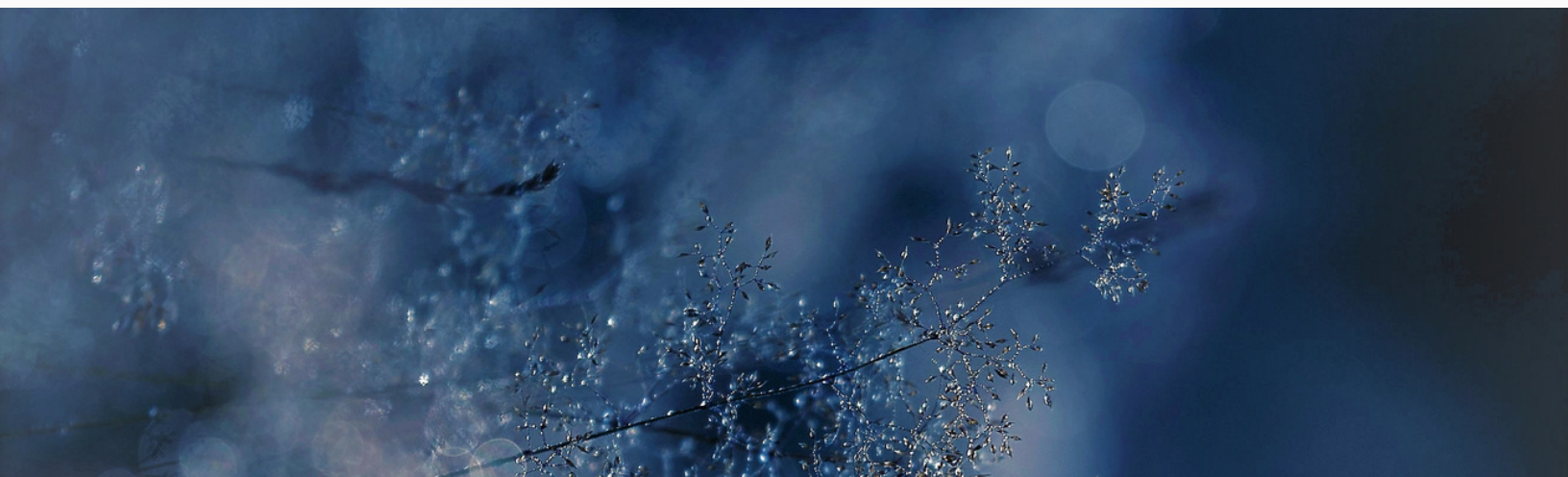
Only love can transform us  
from plunderers and savagers  
into Earth Keepers and peacemakers.

Only love can show us  
the integrity and rights  
of all other beings.

Only love can open our eyes  
to the truth and beauty  
that surround us.

Only love can teach us  
the humility we need  
to live on this earth.

And only love can now save us  
from extinction.



# EMPOWERMENT - LEARNING & TRANSFORMATION

## BOOK SUGGESTION

[Sacred Nature by Karen Armstrong](#)

## ARTICLE OF INTEREST:

[Can the World's Religions Help Save Us from Ecological Peril?](#)







## ENGAGEMENT - ADAPTATION & INNOVATION

### MINDFULNESS ACTIVITY

Take a gentle walk outside and notice, really look at whatever living things are in your area. Spend time watching them - whether a tree, a shrub, some fungi, the birds... whatever you can focus on. As you observe them, cultivate feelings of gratitude and love for these members of your ecosystem and if you are so moved, say "thank you" or "I love you" to them.

### FEBRUARY EVENTS WITH UUMFE

- 1st - Strengthen Local Climate Commitment National Collaboration Call (5-7pm EST)
- 5th - Monthly Spiritual Gathering (7-8pm EST)
- 15th - Monthly Minister's Gathering (12pm EST)
  - BIPOC Caucus Meeting (7-9:30pm EST)

DETAILS AT [UUMFE.ORG](http://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**