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.
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.
BOOK SUGGESTION
Sacred Nature by Karen Armstrong

ARTICLE OF INTEREST:
Can the World’s Religions Help Save Us from Ecological Peril?
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
QUESTIONS ABOUT MONTHLY MUSINGS? PLEASE EMAIL REV DR LEONISA ARDIZZONE AT LEONISA.ARDIZZONE@UUMFE.ORG

SUPPORT UUMFE - CONSIDER MINISTRY FOR EARTH FOR YOUR CONGREGATION'S SHARE THE PLATE OFFERING

CREATE CLIMATE JUSTICE