

JANUARY 2023

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, contemplative practice, and religious exploration at your congregation.

In this new year, we invite you to join in this practice of grounding and centering.

January: Grounding

EMBODIMENT

PAGE 2

EMPOWERMENT

PAGE 4

ENGAGEMENT

PAGE 5



UNITARIAN UNIVERSALIST MINISTRY FOR EARTH

Respect Life. Restore Earth. Renew Spirit.



EMBODIMENT - SPIRITUAL GROUNDING

CHALICE LIGHTING

by Rev. Leslie Takahashi

We gather as many drops, each winding our own path down life's surfaces and ruts.

Here we pool together as a single body, flowing together for a time.

Together we are a stream, at times even a river, for with our shared force we can travel toward oceans of meaning and seas of connection.

OPENING WORDS

by Rev Molly Housh Gordon

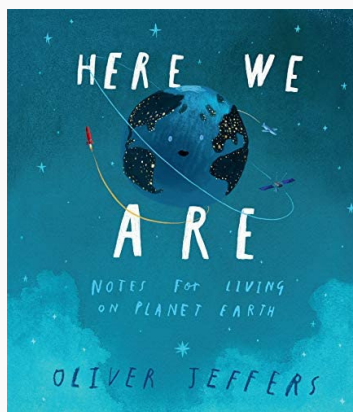
We gather together this morning tenderly—like drops of dew on a leaf of grass hopefully—like gathered raindrops in a cloud gleefully—like water rushing in a stream to the sea deeply—like groundwater pulled up from a well

We gather from every direction, for another year of growth and depth, another year of companionship and hope, another year of learning to love this world.

We gather like the water that joins us across all of creation, the water that connects us within and without: merging and flowing across the entire world.

TIME FOR ALL AGES

Here We Are: Notes for Living on Planet Earth by Oliver Jeffers



SERMON PROMPT:

“Roots hold me close, wings set me free”

— Carolyn McDade, from “Spirit of Life”



MEDITATION

by Henry Holub

On a boulder in the midst of the river there is a solitary tree.

Isolated from the forest by rock and wave
Due to circumstances beyond its choosing and before its time.

In search of tomorrow its roots have broken stone,
Moved the mountain.
It drinks deep from the water it should have never found.
It is above and it is below and it is between;
It is there, it is still here.
Blessed be the tree.

READING

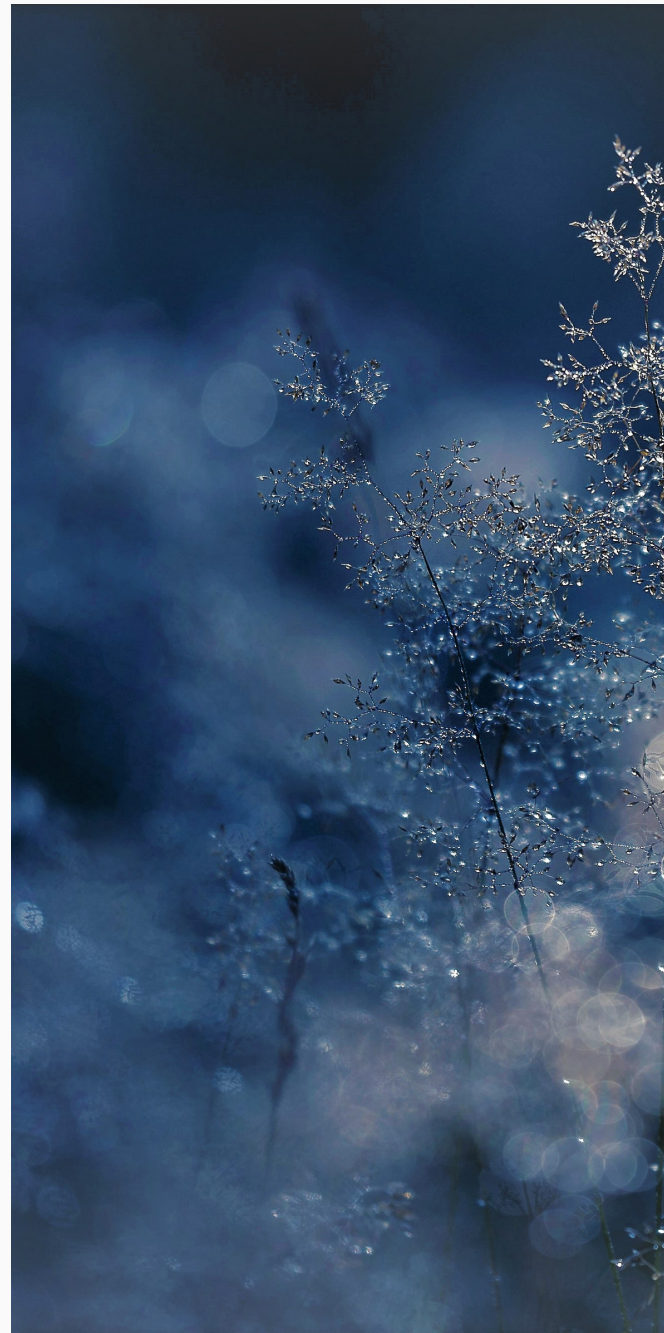
by Jean M. Olsen

In what form did the spirit
Appear to you today,
The blossom of a flower,
The tug of a child's hand,
The silent, twinkling stars,
An old woman smiling at the bus stop,
A lover's gentle hug,
A presence so close to your soul
You could almost touch it,
Words of truth formed
Unbidden in your mind?

The holy disguised in so many ways,
May your senses open wide in recognition.

MUSICAL MEDITATION

SUNSET VILLAGE BY BEVERLY GLENN-COPELAND



EMPOWERMENT - LEARNING & TRANSFORMATION

BOOK SUGGESTION

[HELD: blessings for the depths ed. m jade barclay and anna k blaedel of enfleshed](#)

AWE-FILLED LINK:

[Salt and Solstice: A Solstice Celebration from UUMFE](#)

ARTICLE OF INTEREST:

[Earthing and Its Otherworldly Promises](#)





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.

JANUARY EVENTS WITH UUMFE

- 4th - Strengthening Local Climate Commitments Call (5-7pm EST)
- 7th - Monthly Spiritual Gathering (7-8pm EST)
- 18th - Monthly Minister's Gathering (12pm EST)
- 18th - BIPOC Monthly 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